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COHASSET MARINER

Friday, January 22, 2016

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Vol. 38, No. 5 ■ \$2

WHAT'S INSIDE

MASTER PLAN

Laying groundwork for the future

By Amanda C. Thompson
athompson@wickedlocal.com

Master plans aren't just
for supervillains.

A Master Plan documents

a community's goals in areas
like business district devel-
opment, housing diversity,
and open space. It enables
town leaders to manage
growth and change, provide

orderly and predictable
development, and protect
environmental resources. At
the same time, it promotes
open, democratic planning
and provides guidance to

landowners, developers,
and permitting authorities.

In short, it's a road map,
and like the road map used
by your GPS, it needs to be
updated from time to time

in order to be effective.
A GPS isn't very useful if
it takes you down a one-
way street or a road that
became a dead end when

SEE PLAN, A5

INSIDE, B9-B11



HEALTHY LIVING

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GIMME SHELTER

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COMING IN PRINT

■ NEWS: Community
Preservation Projects

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MLK BREAKFAST



Special guest speaker Lee Pelton, President of Emerson College, addresses the large gathering at St. Stephen's for the annual Martin Luther King Day Breakfast. WICKED LOCAL PHOTO BY CHRIS BERNSTEIN

Having a dialogue about race

Diversity Committee hosts annual event

By Amanda C. Thompson
athompson@wickedlocal.com

In a town like Cohasset, where
most of the population is white,
it can be easy to forget about the
issues that people of color still face
in American society. Racism can
seem like a distant problem that only
touches this community by way of
national headlines and Facebook
newsfeeds.

The Cohasset Diversity Commit-
tee's annual Martin Luther King, Jr.
Day breakfast, hosted this year by

St. Stephen's Episcopal Church, is a
perennial opportunity to talk about
these issues, and the committee
invited Dr. Lee Pelton, president of
Emerson College, to lead the conver-
sation this year.

Despite the fresh blanket of snow
that had fallen Sunday night into
Monday morning, more than 100
guests turned out to chew on eggs,
bacon, and pastries - but more
importantly, to chew on Pelton's
words about the realities of race in
the 21st century.

"We take so much for granted,"
said St. Stephens Reverend Margot
Critchfield. "We grew up with privi-
lege. I'm a product of the culture; I
have racism in me."

Acknowledging this can be hard,

but it can also be the first step toward
a real dialogue about race. Without
acknowledgement, there can be no
real listening, no real acceptance of
another person's point of view and
pain.

Pelton gave a speech titled, "Dr.
Martin Luther King, Jr., Barack
Hussein Obama II, and the New
American Diversity," which likened
the two cultural leaders and showed
that "Obama, in a political sense, is
a direct descendant of King."

Both King and Obama won a
Nobel Peace Prize at a young age,
and neither felt he deserved it.
Both were strategists who faced
fierce cultural resistance and even

SEE MLK, A4

TOBACCO

New regs

Board of Health
addresses issue

By Amanda C.
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athompson@
wickedlocal.com

On Jan. 19th, the
Cohasset Board of Health
continued its discussion
about local tobacco sale
and purchase regulations.
The board is considering
raising the minimum
legal sales age from 18
to 21 for tobacco prod-
ucts, among other new
regulations.

The board has chosen
to re-evaluate these
regulations because
data shows that mortal-
ity from lung cancer is
24% higher in Cohas-
set compared to the
Commonwealth of Mas-
sachusetts. According to
the National Institute
on Drug Abuse (NIDA)
tobacco is the leading
preventable cause of dis-
ease, disability, and death
in the United States.

But discussions are still
just that: discussions.
The board will open
up the conversation to
the community with an
official public hearing
in February or March,
where all will be welcome
to voice an opinion. A
draft of the new regula-
tions has been completed
and will be distributed to

SEE TOBACCO, A5

CONFERENCE

Students going global at Model UN

By Amanda C. Thompson
athompson@wickedlocal.com

Peace on Earth: for the
United Nations, it's not just
a holiday mantra. Twenty-
four Cohasset High School
students will get to taste the
challenge of working toward
this lofty goal during their
annual trip to Harvard's
Model UN conference.

The Harvard Model UN
is a four-day international
relations simulation for
students held annually in
downtown Boston. Over

the weekend of January
28th, Boston will welcome
3,000 students from 200
high schools in 70 different
countries around the world.
This is Cohasset High
School's sixth year offering
the trip, and according to
faculty advisor Jim Willis,
it's always maxed out.

"We never have any trouble
filling the spots," said
Willis. "We might even
have more interest, but the
conference is limited. That's
why we try to go to other
conferences, too."

With a keynote address
on Thursday, tours of
Harvard throughout the
weekend, and a delegates
dance on Sunday - all
against the backdrop of
the Prudential Center - the
event is, for many, just as
much about the adventure
of visiting Boston and net-
working with students from
different places as it is about
practicing peace.

"I like politics; I like
traveling," said freshman

SEE MODEL UN, A11



Xander Schubert and Lucas Slater with their commit-
tee director signing off on their decision to split São
Tomé and Príncipe into two sovereign nations during
the 2015 Harvard Model UN. COURTESY PHOTO

COHASSET ELDER AFFAIRS

Weight Loss with Joanne Campbell

New location: Cohasset Elder Affairs is now located at Willcutt Commons, 91 Sohler St. All events and activities will be held in that location unless otherwise noted. The center offers tours for visitors.

■ **Weight Loss with Joanne Campbell**, certified hypnosis consultant: 10 a.m. Jan. 22. Start the New Year off by losing weight. Joanne will help guests to harness the determination and willpower needed to lose weight and keep it off. Three-week session cost: \$30. ■ **Appointments Available for Cohasset Cares:** Take part in a grant funded program designed to keep seniors in our community safe. Participation will involve a visit from a member of the Cohasset Fire Department who will complete a home safety evaluation and make safety recommendations. Call Cohasset Elder Affairs to schedule an appointment. ■ **Anna's Juice Bar:** 11 a.m. Thursdays, Feb. 4-25. Stop by the dining room after the strength and conditioning class. Cost: \$1, includes a healthy energy boost after a workout. All invited to partake in Anna's delicious beverage

and casual conversation. ■ **Intergenerational Lunch:** Noon, Feb. 11. Enjoy the Deer Hill fourth grade students as they impress residents with their social skills and entertain with their talents. Cost: \$3, lunch donation.

Lunch schedule and menu

Lunches are served at noon Tuesdays, Wednesdays and Thursdays. Reservations required 24 hours in advance. Meals provided by local restaurants and Cohasset cooks. Cost: \$3.

Tuesday, Jan. 26: lunch prepared by Chef Johanna: Corn Chowder
Wednesday, Jan. 27: lunch provided by Olympus Grille
Thursday, Jan. 28: lunch prepared Chef Trish: Curried Chicken

Ongoing programs

■ **Lunches**, Tuesday-Thursday, noon. Meals provided by local restaurants and talented Cohasset cooks. Reservations requested no later than

24 hours in advance. Willcutt Commons, 91 Sohler St. Voluntary donation, \$3.
■ **Line dancing**, Tuesdays, 1:30-2:30 p.m. Beginner to beginner plus. Helps posture and balance, improves memory skills and confidence. Drop-ins welcome. At 91 Sohler Street. Cost: \$5.
■ **Veterans services hours**, Tuesdays and Thursdays, 1-4 p.m., Willcutt Commons, 91 Sohler St. Cost: \$5.
■ **Gentle Chair Yoga**, Tuesdays, 9:30-10:30 a.m. Wear comfortable clothing. Bring a mat. At Willcutt Commons, 91 Sohler St. Cost: \$5.
■ **Yoga/Meditation**, Thursdays, 8:30 a.m. Eclectic, fusion, beginner-friendly yoga class offering a variety of combinations to help you on your path to mindfulness and calm. Drop-in class. Cost: \$5.
■ **Senior Stretch and Conditioning Class:** Follow the instruction of an exercise therapist to improve upper and lower body strength, endurance, and flexibility. Cost per class is \$5.
■ **Sit to get Fit:** Thursdays, 10 a.m. Improve upper and lower body strength, flexibility and

coordination from the comfort of your chair. Cost: \$5.
■ **Book Club**, Second Friday of the month, 10 a.m.
■ **Knitting:** Drop in. Learners welcome. Fridays from 11 to 12:30 p.m. Cost: \$3.
■ **Transportation:** Door-to-door van service to the following: (For out-of-town trips, a voluntary donation of \$5 is requested).
■ **Medical appointments** within a 15-mile radius of Cohasset.
■ **Around Town** Route 3A, Mondays, 1-3 p.m.
■ **Shaws**, Tuesdays: 1 p.m.
■ **Cohasset Train Station**, Wednesdays: 9:04 a.m. train inbound. 3:08 p.m. outbound.
■ **Around Town (downtown Cohasset)**, Thursdays: 9:30 a.m.
■ **Stop and Shop**, Fridays: 9:30 a.m.
■ **Walmart/Hanover Mall**, NOTE SCHEDULE CHANGE: Second Wednesday of the month at 9:30 a.m.
■ **Trader Joes/Marshalls**, second Friday of the month: 9:30 a.m.
■ **Derby Street Shoppes**, third Friday of the month: 9:30 a.m., return 11:30 a.m.
■ **Christmas Tree Shops**, fourth Friday of the month: 9:30 a.m.

PICTURE THIS



The Mariner caught up with Ashley Davis, who is Director of Animal Care at the Scituate Animal Shelter. Ashley is pictured here with Britta, a 3-year-old German shepherd she is fostering.

WICKED LOCAL PHOTO BY MARY FORD.

Ashley Davis

Name: Ashley Davis.

Occupation: Director of Animal Care at the Scituate Animal Shelter.

Best day of your life: I spent 6 months raising an orphaned howler monkey in Belize and later introduced him and others back to a nature reserve. The day I was able to see him and his friends living successfully in the wild was one of my favorite days.

Best vacation: My favorite vacation was traveling Alaska with my aunt and three siblings when I graduated high school. Seeing an Orca up close in the wild was amazing!

Favorite season: My favorite season is Fall. I love the foliage, cool air, and apple cider of course.

Favorite holiday: This would have to be Thanksgiving. An excuse to hang out with family, relax, and eat all day is pretty much my idea of a perfect day.

Favorite snack: Most will consider this really gross but I love sardines and crackers.

Best book: My favorite book is "Ishmael" by Daniel Quinn. I think I've read it about five times and first read it when I was in the 7th grade.

Best actor: I love Sandra Bullock and every movie she's in!

Best TV show: "Breaking Bad" is one of my favorites.

Best music, group, or artist: Neko Case.

Pet peeve: When people clean up their dog's waste in a plastic bag but then leave the plastic bag on the trail!

Dumbest thing you've ever done: My family loves to bring this one up. When I was younger, the doctor told me to hold my breath until he told me to breathe again while he took an x-ray. I listened, held my breath... until I fainted.

Goal: A goal I have for this year is to get children involved at the animal shelter more.

Person you'd most like to meet: Daniel Quinn, author of my favorite book!

Biggest worry: The animals at the shelter!

Best part of Cohasset: There is so much to explore and everyone is very nice! I have only lived in the area for two years and feel like I still have so much to see. Recently I had the chance to meet a lot of people in Cohasset, especially on Mill Lane and Beechwood Street when I was searching for my missing foster dog. Everyone was extremely helpful and let me set up feeding stations, trail cameras and a have-a-heart trap, which eventually led to her capture! I wouldn't have been able to find her or bring her home without everyone's thoughtfulness and help.

REGISTRY OF DEEDS

Massive transcription project effort

Norfolk County Registry of Deeds is going back in time, 1793 to be exact. Register of Deeds William P. O'Donnell recently announced a project to modernize all handwritten deed documents dating back to when George Washington was President.

"The Norfolk County Registry of Deeds has been in existence for over 200 years. During that time, the Registry has gone from days of scribes with quill pens to the modern era of computers and advanced document imaging. This project is an effort to transcribe images of handwritten deed documents dating back from 1793 to 1900," said O'Donnell.

The Registry, which is one of the first in the country to transcribe handwritten deed documents back to Revolutionary times, is managing a massive undertaking. These

207 years of transcriptions total more than 250,000 deeds, resulting in 12.5 million lines of print. O'Donnell noted that half of the handwritten deeds are already online for viewing, and the project should be completed in about a year's time.

"The project represents a special effort by the Registry to have an accurate representation of these handwritten deed documents. Additionally, its mission is to help the public perform historical, genealogical and land record research. A dedicated team of transcribers have been working to decipher these handwritten documents and transcribe them so they are available for viewing via our website www.norfolkdeeds.org," said O'Donnell.

It should be noted that while the transcribers have made a best effort attempt to translate these hard

to read documents, their accuracy is not guaranteed. "These transcribed documents," said O'Donnell, "are not legal documents in and of itself, and are not considered binding on the Norfolk County Registry of Deeds or its employees. It is considered merely a convenient reference for Registry patrons. For documentation purposes, users should refer to the scanned image of the original document instead of the transcribed image."

O'Donnell said, "As Register of Deeds, I take very seriously my responsibility to be the custodian of land document information in Norfolk County. Part of that responsibility is to ensure the accuracy and accessibility of these land documents. Future generations will now be able to read these transcribed images with the goal of ensuring a historically correct record of

"This project is an effort to transcribe images of handwritten deed documents dating back from 1793 to 1900."

Register of Deeds William P. O'Donnell

land documents in Norfolk County."

To learn more about these and other Registry of Deeds events and initiatives, like the Registry at facebook.com/NorfolkDeeds or follow on twitter.com/NorfolkDeeds. Norfolk County Registry of Deeds is at 649 High St., Dedham. Residents in need of assistance can call the Customer Service Center at 781-461-6101, or visit the website at www.norfolkdeeds.org.

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WILD ABOUT BIRDS
Pam French, owner of Wild Birds Unlimited, has the word on birds.

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Popular stories

■ Teen novel makes connection
■ Regional Dispatch finds it calling
■ Parents push for smaller

kindergarten classes
■ Scout takes wing; travels the world
■ Lights out for street lamp plan

South Shore Tide Chart

COHASSET HARBOR (WHITE HEAD)

JAN. 2016		HIGH				LOW				SUNRISE	SUNSET
		AM	HGT.	PM	HGT.	AM	HGT.	PM	HGT.		
Thursday	21	8:44	9.9	9:25	8.7	2:17	0.1	3:02	-0.6	7:06	4:42
Friday	22	9:39	10.0	10:17	8.9	3:13	0.0	3:55	-0.8	7:05	4:44
Saturday	23	10:29	10.1	11:06	9.0	4:05	-0.1	4:43	-0.9	7:04	4:45
Sunday	24	11:15	10.0	11:50	9.0	4:53	-0.1	5:28	-0.8	7:04	4:46
Monday	25	11:59	9.9			5:39	-0.1	6:11	-0.7	7:03	4:47
Tuesday	26	12:32	9.0	12:42	9.7	6:22	0.0	6:52	-0.5	7:02	4:49
Wednesday	27	1:12	8.9	1:23	9.3	7:06	0.2	7:32	-0.2	7:01	4:50
Thursday	28	1:53	8.8	2:06	9.0	7:49	0.5	8:13	0.2	7:00	4:51

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

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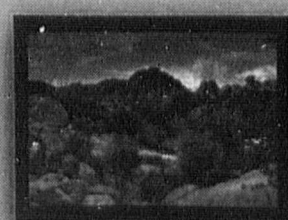
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POLICE BEAT

Alleged drug dealer hurt in village fight

By Mary Ford
mford@wickedlocal.com

Police believe a drug deal gone badly resulted in a fight on the steps of St. Stephen's on S. Main Street on Saturday night (Jan. 16) around 10:25 p.m. Police responded after a caller reported a fight in progress.

Upon arrival police found a 33-year-old Hull man with head injury either from a rock or handgun. The victim was transported to the hospital. Investigation revealed he had set up a drug deal with another man and they planned to meet on the stairs. When the other man arrived he stole a quantity of marijuana and LSD from the victim and hit him on the head with a hard object. The victim told police the object was a handgun. Detectives are investigating.

Delivery

Police received a call on Monday (Jan. 11) around 4:50 a.m. from a Jerusalem Road resident concerned about a man on his deck. The caller followed the man in his vehicle onto Windy Hill Road. As it turned out the man was delivering a daily newspaper and was new to the route and was unable to see the house numbers, police said.

Deer accident

Police responded to reports of a deer struck on Forest Avenue around 8 a.m. on Monday (Jan. 11) but could not locate the deer that had been reported as injured on the shoulder of the roadway.

Landlord/tenant

Several calls and reports went to the police over the past two weeks concerning a landlord-tenant dispute on Black Rock Road. The landlord had allowed two individuals to stay there and was able to obtain a restraining order after getting them to vacate the property. The court allowed the former tenants to retrieve their belongings. The dispute now surrounds some luggage that the landlord asserts they stole but the former tenants claim was theirs. Police have referred the

matter back to civil court.

Restraining order

A Hingham woman who is separated from her husband notified Cohasset police when her estranged husband turned up at the same Cohasset gym as she did last week. The estranged husband had moved to Hull but had not yet been served with a restraining order to stay away from her. Police went to the gym and served him with the restraining order and he had to leave the establishment.

MV stop/tow

An officer on a fixed traffic post on Forest Avenue near Old Coach Road stopped a 2005 Ford Ranger pickup truck for traveling 45 in a 30 mph zone around 10:30 p.m. on Tuesday (Jan. 12). Further investigation revealed the driver had a suspended license for a payment default for a moving violation. The 28-year-old Marshfield man is being summonsed to court for operating with a suspended license and speeding. The truck was towed and he was transported to a friend's house in Hull, police said.

Trumpet stolen

A 42-year-old mother reported to police that her 11-year-old daughter's \$1,000 Yamaha trumpet in a black case was missing from the Deer Hill School where the girl had left it overnight last week. Police are investigating.

Tree down

High winds took down a tree near 300 Forest Avenue on Wednesday (Jan. 13) around 11 a.m. blocking traffic. Police notified the DPW and stood by while the tree was removed.

Broken down

Just before the car was to be towed, the owner's mechanic arrived and was able to get a 2002 Hyundai Santa Fe back on the road after it had broken down on Pond Street and was partially in the travel way around 7:37 a.m. on Friday (Jan. 15).

Found wallet

An employee at Buttonwood in Shaw's Plaza notified police after locating a wallet in the store and asked for an officer to retrieve it last Friday afternoon (Jan. 15).

Water leak

A local fuel company on a delivery notified police that water was coming out the side of a vacant house on Ledgewood Farm Drive last week. The fire department arrived and shut the water off.

Neighbor dispute

Police have been called several times over the past week regarding cross-complaints about an ongoing neighborhood dispute on Doane Street and whether someone is placing or throwing rocks in the road. The issue surrounds a home that some believe is being used as a boarding house. The zoning board and building inspector are now involved.

Suitcase

Reports of a black abandoned suitcase near the railroad tracks off N. Main Street last week turned out to be a motor vehicle bumper.

Suspicious man

Police did not catch up with a suspicious-looking man wearing a hoodie and big boots on Fair Oaks Lane on Saturday afternoon (Jan. 16) around 2 p.m.

Larceny

A woman on Hull Street reported her 18-year-old roommate stole her Kindle and refused to return it. The girl denies taking the device, police said, but her father has guaranteed it will be replaced or returned.

Transformer blew

A blown transformer knocked out power to much of Fair Oaks Lane on Sunday (Jan. 16) around 7 p.m.

Find us on



DREDGING UPDATE

Harbor project blown off course

By Amanda C. Thompson
athompson@wickedlocal.com

Like a buoy riding the swells – up and down, high and low – the Cohasset Harbor dredging project has found itself in another trough of delays.

Town Manager Chris Senior reported to selectmen on Jan. 12th that 30,000 square feet had been cleared so far. "The channel is taking shape again," he said, and "Lorri [Gibbons, Harbormaster] is doing a great job of overseeing it all."

But, Senior said, the wind and weather have once again blown plans off course, just as they did in October, when the project start date got pushed back due to dangerously high surf. High surf has once again prevented the team from getting the job done, and now it looks like they may need an extension.

In fact, the Army Corps of Engineers team that is

working on the channel has applied for one. Whether it is granted has little to do with weather. The issue has to do with spawning season for flounder and groundfish. The team awaits a decision from the Division of Fisheries and Wildlife.

Senior was optimistic that the extension would be granted, since there is no significant population of groundfish in the harbor area.

In the planning phase, officials anticipated that this project could be completed by Thanksgiving, with equipment out of the way long before Santa Clause came to town on his lobster boat. January 31st was considered the absolute cutoff because of spawning concerns.

But weather hasn't been the only riptide pulling this initiative off course. In December, the contractor found that clogs were forming in the pipeline between the harbor and

Sandy Beach, where excess material was being deposited. Some pipe links were removed, but the clogs were just a symptom of a bigger problem.

Ultimately, the hydraulic dredge being used at the outset of the project simply didn't have the horsepower to get it done. The Army Corps brought in a booster pump, and after that, it seemed like things were back on course. But it seems that winter may have other plans.

Cohasset Harbor was last dredged more than 15 years ago. Dredging was slated to take place in the fall of 2014, but it took a back seat to more pressing projects brought about in the aftermath of Hurricane Sandy. The Army Corps aims to reestablish the channel at 90 feet wide by nine feet deep.

Follow Amanda on Twitter for updates: @MarinerAmandaT

UPDATE

New library trustee on the books

By Amanda C. Thompson
athompson@wickedlocal.com

The Board of Selectmen and Trustees of the Paul Pratt Memorial Library voted jointly last Tuesday to appoint Elaine Breslow to fill an unexpired term with the Trustees.

The seat was vacated with just five months remaining in the term when the former trustee moved to Hull, and was therefore no longer eligible to serve on a Cohasset board. Breslow indicated that she intends to run for election when the term expires in May.

Breslow raised her children in Cohasset.

She formerly served on

the PSO and played a key role in resurrecting the Cohasset Arts Boosters. When Trustees Chairman Carolyn Coffey approached her about the vacancy, Breslow was definitely interested.

The Trustees came before the Board of Selectmen in December regarding this appointment.

The boards voted unanimously in favor of Breslow, but later realized that the Trustees had not properly posted the public meeting, rendering the vote invalid.

The Jan. 12th meeting was correctly posted, and the vote (once again unanimous) now stands.

Trustees indicated that the library has a few

projects in the work. One of these is a community survey that will help them assess the library's strengths, weaknesses, and ways to make it an even better resource.

They are also working with the Recreation Department to figure out the best way to share the former Our World space downstairs.

Lastly, they're working with the Community Preservation Committee to optimize use of the lower parking lot and provide handicapped access to the library from that area.

The Trustees are hosting focus groups this month to discuss these developments.

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Helene Lieb and her granddaughter Brianna Rock, 9, (center), enjoying themselves at the large gathering at St. Stephen's. WICKED LOCAL PHOTOS BY CHRIS BERNSTEIN

MLK

From Page A1

disapprobation from within the African American community. Both were idealists, but whereas King was an outsider looking in, Obama is an insider looking out.

"The opposition to both," said Pelton, "has really been an opposition to two uppity dark-skinned men who had the audacity to exert their moral authority... to inspire others to virtuous action and to engage in something larger than themselves."

Pelton quoted King as saying, "What self-centered men have torn down, other-centered men can build up." He urged listeners to search for the things that everyone has in common rather than focus on the things that divide them. As for differences, they're what make communities not only beautiful, but effective, by bringing a range of viewpoints to the conversation.

"The real genius of

"We take so much for granted. We grew up with privilege. I'm a product of the culture; I have racism in me."

The Rev. Margot Critchfield, St. Stephen's

Obama is that his presidency did not seek to transcend race," said Pelton. "Rather, he asserts that only by embracing the fullness and complexities of race will we have any chance of coming together as a nation to meet the great challenges of the future."

Time and again, Pelton referred back to the American motto, "E pluribus unum: out of many, one."

After he spoke, guests had an opportunity to ask questions, and many took that opportunity very seriously. One guest asked for Pelton's honest opinion about how Boston is doing in terms of racial issues.



Abi LaCroix and John Whiteside play piano at the 14th annual Martin Luther King Breakfast at St. Stephen's.

Pelton said that he the city had made great strides but still has many challenges to face. While the culture has grown more pluralistic and neighborhoods less racially divided, he said the remaining neighborhoods are still a concern. This problem won't solve itself, since incomes are stagnant and quality education still is not an option for many children in those communities.

Another guest asked about the Black Lives Matter movement. Pelton said it has been significant and articulate, and while he is not sure how sustainable

the movement might be, he believes a new generation of leaders will rise from within the group.

Someone else observed that everyone has unexamined inner prejudices, but that people shouldn't let that hold them back from working toward equality and respect for people of all races.

"Brave people have fear," said the guest, "but they step beyond it."

He suggested that, in the same way, people must look their inner prejudices in the eye and step beyond them. Understanding those prejudices is like learning

to understand a foreign language: it is most easily accomplished by talking to a native speaker.

This is exactly the sort of thinking that the event organizers hope to inspire. But Martin Luther King, Jr. Day is, well, just a day. When asked how churches could help fight bigotry, Pelton gave two answers: First, on an individual level, to examine unconscious biases that account for actions, and second, on a community level, to provide more opportunities like the annual breakfast.

"There is no substitute for conversation," said

Pelton. "Make space to talk honestly."

The breakfast is organized by Connie Afshar and the Diversity Committee with the clergy of St. Stephen's and First Parish Unitarian Church (who alternate hosting responsibilities by year). The committee also works with Town Hall and local schools to facilitate conversations on diversity. Cohasset is an Anti-Defamation League "No Place for Hate" town.

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METCO Coordinator Aleisa Carle (center left) getting acquainted with Ben Lacy (c), and Mary Stack (R).



Father John Mulvehill, Parish of St. Anthony, delivers the opening prayer.



A large table of food set for the 14th annual Martin Luther King Day breakfast at St. Stephen's.



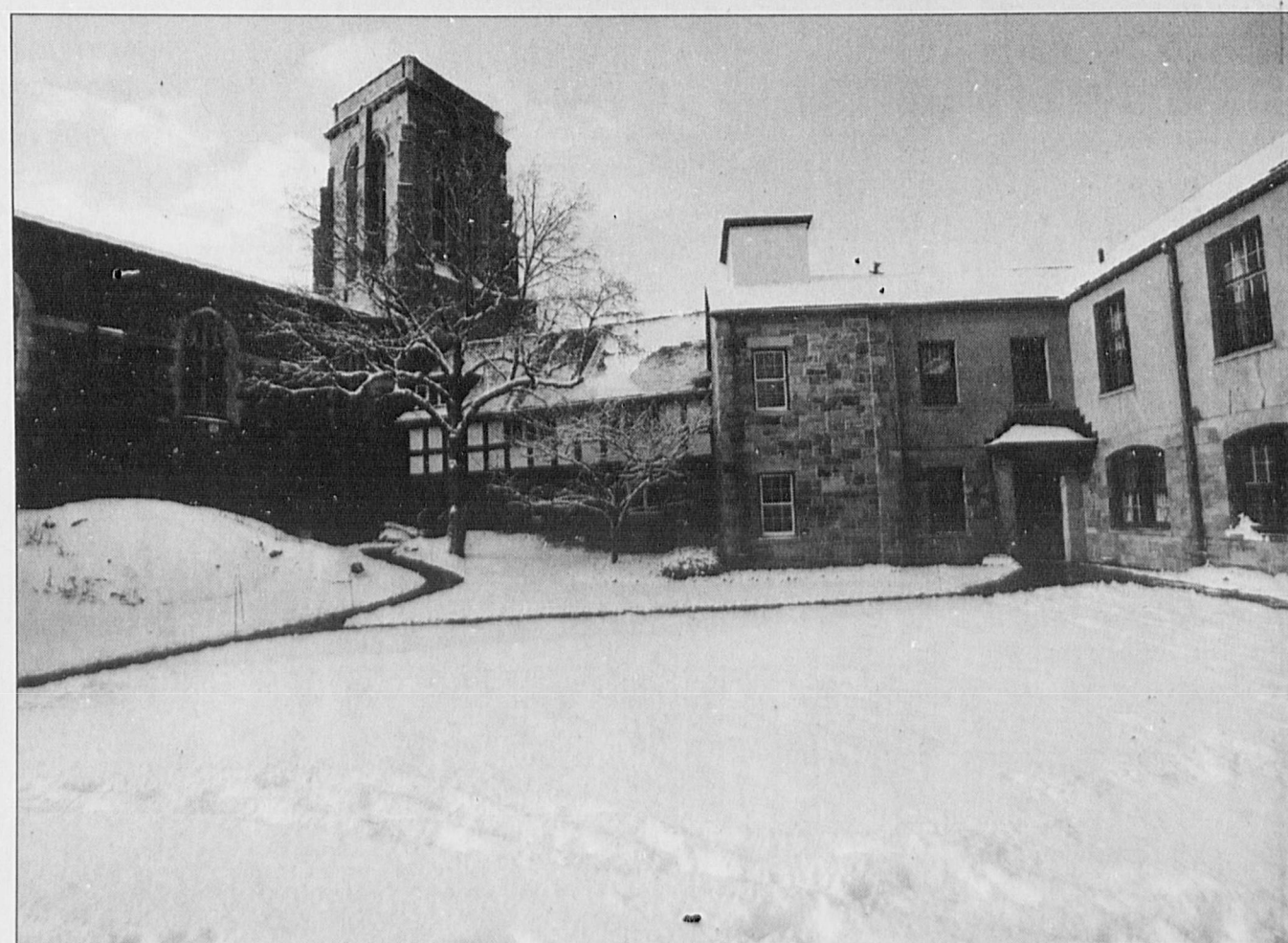
5-year-old Zeke LaCroix enjoys fresh fruit and pancakes.



The hard working kitchen crew, L-R, Tim Reynolds, Scott Helms, KT Leary, Paula Antipas, Linda Simon and Marylou Lawrence.



Special guest speaker Lee Pelton, President of Emerson College, addresses the large gathering.



Snow frames the walkways at St. Stephen's as residents gathered inside to honor the memory of Dr. Martin Luther King Jr. on Monday morning.

DON'T MISS THIS

Time to complete 2016 town census

The 2016 Annual Town Census forms have been mailed to every household in Cohasset.

This census package also includes a dog license application. All dogs must be licensed by April 30 each year. Dog forms are on a tear off portion of the census forms. The licenses are valid through Dec. 31. Dog forms need to be returned as soon as possible with a current

rabies certificate.

Compliance with this State requirement provides proof of residency, street listings, veteran's bonuses as well as protection of voting rights, senior citizen programs and related benefits. The census form does not register anyone as a voter. The population figure has a bearing on State and Federal aid Cohasset will receive.

While the street list is

primarily used to update the voting list, statistics on children are taken for the School Committee, providing it with data on current enrollment as well as present and future school population. The School Committee uses the annual census information to help project future enrollment and space needs. Review the form carefully to ensure each child is reported

and all dates of birth are accurate.

Any member of the family in the Military Service, away at college or confined to a rest home whose legal residence is the same as the person filling out the form should be included on this form.

To receive a Census form, or for information: Town Clerk's Office, 781 383-4100, ext. 106.

PLAN

From Page A1

the commuter rail came through town.

Actually, though, there's a lot in Cohasset's existing Master Plan that still holds true, despite the document being more than a decade old. For one thing, the character of the town has been consistent over the years.

The 2004 Master Plan says, "Cohasset is unique for its seaside panoramic beauty, its village feel, its open space and natural resources, as well as the strength and commitment of its community and the quality of life and services it affords, all in reasonable proximity to Boston."

Another thing that hasn't changed much is the vision for the town: "Cohasset in 2020 will be a historic residential community renowned for its quality of life, the exceptional beauty of its coastal setting, a lively village center and harbor front, all supported by effective and sustainable town management."

Despite these consistencies, Cohasset is a very different place today than it was in 2004. The Avalon community and commuter rail station alone have rendered the town less homogenous and isolated, and there's even more development being proposed along the 3A corridor.

And a Master Plan created in 2004 – before WiFi, social media, drones and other technology entered the picture, before the economic recession struck, before the popularization of alternative energy formats – has no chance at being fully relevant in 2016.

While the 2004 Master Plan puts a great deal of emphasis on preserving the town's history, the Planning Board noted during

its Jan. 20th meeting that this should not be done at the expense of the future. Technological innovations could improve safety, quality of life, and utility costs for everyone. Re-visioning the village could strengthen local business and community ties.

As a new generation rises, the town must ask itself: can families afford to live here? How will they get from point A to point B, especially if point B is the commuter rail station, which currently can't be reached by sidewalk? Will they send their children to private schools, or will the price tag cause them to keep students in public schools, driving up enrollment numbers?

As global temperatures and sea levels rise, the town must ask itself: how will the harbor area be zoned? What will happen to buildings that are damaged by storms and have to be rebuilt? Where will the American Legion go if that part of town becomes inaccessible? How will people go to the beach if Sandy Beach is underwater someday?

As "big box" businesses and corporations rise, the town must ask itself: do these have any place in Cohasset? Can local

While the 2004 Master Plan puts a great deal of emphasis on preserving the town's history, the Planning Board noted during its Jan. 20th meeting that this should not be done at the expense of the future.

business owners survive, and how can we make things better for them? Should the town emphasize and encourage the varied "villages" of Cohasset – Avalon, Beechwood, downtown, et cetera – to be all they can be, with a unique personality for each?

The scope of the conversation is huge, and the Planning Board wants as many citizens involved as possible. This is, after all, not a town belonging to five board members, but to thousands of moms, dads, businesspeople and commuters, students and teachers, seniors, families, artists, chefs, and architects.

For the next half year or so, the Town will work with the Metropolitan Area Planning Council to analyze where Cohasset currently stands. The team will investigate what other towns are doing as they progress through this stage of planning. The full Master Plan process is projected to take about two years.

The Planning Board urges everyone in town to attend the community visioning session on March 5th. The event will be open-house style, making it easy to fit into crowded calendars. There will be hands-on brainstorming activities, snacks, and a kids' table with activities.

At one station, guests will be invited to write down their answer to a question – for example, "What is your biggest concern for Cohasset?" – and hang it beside others' responses. Consultants will then look for trends in the responses gathered.

Pencil in the community visioning session today, and look for more details in an upcoming edition of the Mariner. A draft of the 2004 Master Plan can be viewed at the town website, CohassetMA.org, under the "Forms" tab.

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TOBACCO

From Page A1

the town's seven tobacco permit holders prior to the public hearing.

One new regulation would limit the sale of flavored tobacco products, including flavored e-cigarettes, to adult retail tobacco stores, a.k.a. smoke shops. The board discussed prohibiting e-cigarette sales altogether, but decided that the move would be too drastic and could cause those in opposition to throw the entire plan out with the bathwater.

There are not currently any smoke shops in the town. Since another new regulation would lower the cap on town tobacco permits from 10 to seven, and all seven are currently in use, it is unlikely that a smoke shop could crop up in Cohasset unless one of the permit holders opted to sell their permit – a transaction that would require approval by town officials.

"We don't want to allow any growth," explained Board of Health Chairman Robin Lawrence at the Jan. 19th meeting. Presently, tobacco products are only available from Tedeschi's, Marylou's, Curtis Liquors, and some gas stations in town, and the board wants to keep it that way.

These strict measures are being implemented largely on behalf of the town's youth. A March 24, 2015 Communities That Care Report for Grades 6 to 12 in Cohasset Public Schools showed that, after alcohol, tobacco is the most commonly used drug among Cohasset adolescents. Public Health Director Susan Sarni addressed the students of Cohasset High School

about this issue on Jan. 20th.

A 2015 American Journal of Preventative Medicine article, Nicotine and the Developing Human, stated that smoking cigarettes during adolescence has been associated with impairments to memory and attention as well as prefrontal cortex activities – that is, planning complex, cognitive behavior, personality expression, decision making and social behavior.

The article concluded that, since the brain does not reach full maturity until the twenties, purchasing tobacco products should be restricted to adults 21 years and older.

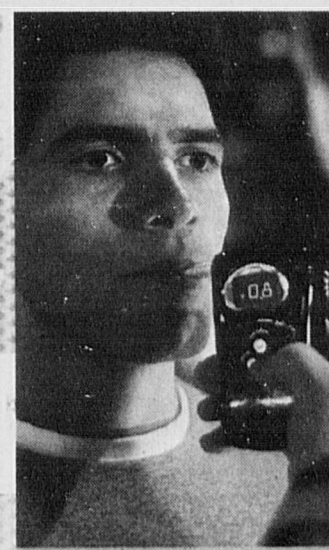
While there are no laws against youth possession of tobacco, there are laws against selling to a minor, and the board discussed making them even more stringent within Cohasset's borders.

A federal law already states that a sales clerk must ask for ID from anyone who appears to be under the age of 27. New local regulations could mean fines and permit suspensions for vendors that sell to minors – up to \$300 and a 30-day suspension for repeat offenders.

"I want to send a message," said Lawrence.

Braintree, Duxbury, Hull, Marshfield and Scituate have already raised the tobacco purchase age to 21 years. In Hingham, the tobacco purchase age is 19 years, and Norwell is discussing the possibility. In total, 75 Massachusetts municipalities have increased the minimum age for tobacco purchases to adults 21 years and older.

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AROUND TOWN

Knitting 101 at Holly Hill Farm

Snow?

Hi there Cohasset...writing this column today has me wondering if the week-end will bring our first "big storm" of the season or, a small nothing (my prediction) similar to what we had at the beginning of the week. I would love to see a nice big one for a few reasons: one because I love snow but the biggest because I want a day off from work! We shall see.

One day I hope is not a snow day is next Wednesday, Jan 27th. It is an Early Release Day and being held at the Paul Pratt Library is a Jewelry Makerspace. Here, you can create a unique piece of jewelry. The event is from 2-3:30 and for ages 10 and up. Definitely a great way to spend an afternoon.

Knitting

Believe it or not, February is right around the corner and Holly Hill Farm has a program they would like to share. How about trying a Knitting 101 series? Four Wednesday evenings, Feb. 3, 10, 17 & 24 from 6 to 8 p.m. with **Carrie Weinstein**, a great instructor. Whether you have no knitting experience, need a refresher or simply want to knit a project with a fun group of folks, this is the perfect class for you!

During the 4-week period, master knitter, Carrie will teach you the basic concept of knitting: how to cast on, knit, purl, bind off and read an easy pattern. You will then apply these skills to begin a simple cowl. For those with a bit more know how, this is a great opportunity to learn some new skills by tackling a more advanced project with supervision. You will need to bring your own materials. The cost is \$80 plus materials. Please call 781-383-6565 or email prenticehollyhillfarm@



JENNIFER PIEPENBRINK

verizon.net for a suggested materials list for a cowl or hat and any questions. Join if you've ever had the desire to learn this incredibly gratifying, creative, relaxing craft! It sounds like a lot of fun!

Drowned Hogs!

Drowned Hogs Day 2016 is nearly here, your turn to Chill Out for a Great Cause! On Saturday, Jan. 30th at high noon, hundreds of hardy New Englanders, committed to doing something cool and crazy for a cause, will dive into Wellspring's iconic frozen fundraiser. Now in its 21st year, The Drowned Hogs raise funds enabling the Wellspring to provide support and services to those in need. All individuals, groups or families with warm hearts willing to do something cool for charity are welcome to join the craziness. High school teams, college groups, running clubs, book clubs, multi-generational families, sports teams, chess teams and hipsters make Drowned Hogs! And there are only two rules: The swim doesn't count unless the swimmer fully dunks and wet suits are allowed ONLY if the wearer also wears a tutu and a tiara!

Information and pledge sheets are available at: drownedhogs.org or wellspringhull.org. For more call: 781-925-3211. Registration fee is \$10. and includes the 2016 Drowned Hog T-Shirt. As an extra incentive to frosty fundraisers, two pairs of Celtics tickets — luxury box seats — will be awarded to the two individuals who raise the

Following the icy plunge at high noon, survivors and onlookers are all invited to warm up in the Nantasket Beach Resort at the Drowned Hog Soup and Chowder Fest.

most money.

Following the icy plunge at high noon, survivors and onlookers are all invited to warm up in the Nantasket Beach Resort at the Drowned Hog Soup and Chowder Fest. Tickets are \$10. in advance, and \$15 at the door. All proceeds will benefit the food pantry at Wellspring.

Quilt Show

Second Congregational Church in Cohasset is pleased to announce their 22nd Annual Quilt Show with a new twist -- they are expanding into Textile Art as well.. The show will be held Saturday, March 5th from 10:30 to 2 p.m. in Bates Hall of Second Congregational Church.

Please contact **Susi Coley** at rscoley@verizon.net to receive an entry form. You may show up to three quilts or 3 pieces of art work. There is no showing fee. Tickets to the show are \$15 and include a mouth watering array of decadent desserts served in a formal setting with tea, coffee and beverages as well. This isn't your grandmother's quilt show any more.

Enjoy your week Cohasset, hopefully stay warm, play in the snow if you like and it happens and...GO PATS!

News due by Tuesday at 5 pm. EMAIL: aroundtown-cohasset@yahoo.com

CONSERVATORY NOTES

Fifty Shades of Blue

By Anthony Geraci

When you see this title you may think of a certain popular steamy novel that was made into a steamy movie. Well, who wouldn't? But this title for me, is the name of a CD I released in October, which has received an astonishing amount of accolades, and most recently, pushed me to the forefront of the blues world. It's been an amazing ride.

I started this project about a year ago with some original songs that I wanted to record. I knew exactly who I wanted to play and sing them. At that time I was doing all the writing and arrangements, recording them on Garage Band, and sending out MP3's to the various blues musicians I hoped would be interested in performing on what eventually became Fifty Shades of Blue.

I booked three days of studio time at Keep the Edge Studio in Quincy, because it's a great studio, has a great engineer, and most important to me, a very nice grand piano. There were no rehearsals for the recording, but these were musicians I had worked with in the past, and knew I could trust them to deliver their all.

All of my fellow band-mates in Sugar Ray and the Bluetones, a band for which I've played piano for over 35 years, are on the recording. Former Texan Darrell Nulisch, who I was in the Blues Monday Band with at the original House of Blues in Cambridge, sings and plays harmonica on three songs. The reigning Queen of Boston Blues Toni Lynn Washington, who is 78 years young sings on a song, and Michelle "Evil Gal" Willson sings on two songs. Marty Richards, on drums, has played with everyone from Gary Burton to Aerosmith! Sugar Ray Norcia and



Conservatory Jazz Pianist Anthony Geraci is nominated for four Blues Music Awards for his CD Fifty Shades of Blue. COURTESY PHOTO

Michelle Willson sing the title track "Fifty Shades Of Blue" which has been nominated for Song of the Year from the Blues Music Awards/ Blues Foundation in Memphis, TN. This song is a playful duet between Sugar Ray and Michelle with shades of the "Grey novels" thrown in throughout.

Other nominations for the recording include: Album of the Year, and Traditional Album of the Year. I have also been nominated for the prestigious Pinetop Perkins Piano Player of the Year Award — something about which I am especially proud.

Delta Groove Records out of Los Angeles, Calif. signed me early last summer, and they have done an outstanding job promoting the recording worldwide. I have done interviews with correspondents from Uruguay, Italy, Croatia, and many here in the U.S. The recording has received very positive reviews from Blues publications all over the world, and is reviewed in the recent issue of Downbeat, long been known as

I started this project about a year ago with some original songs that I wanted to record. I knew exactly who I wanted to play and sing them.

the premier jazz magazine. It is also currently #3 on the Living Blues Radio Chart which measures airplay on radio stations worldwide. The Blues Music Awards ceremony will be held Thursday May 5 in Memphis, Tenn. I certainly hope to hear my name called.

If you'd like to hear my style of blues, I'll be playing at South Shore Conservatory's Chase Away the Winter Blues fundraiser along with other conservatory faculty members. For more information about the Jan. 30 red carpet event, visit sscmusic.org.

— Anthony Geraci has taught at South Shore Conservatory since 2012. He is a member of the piano and jazz/rock/pop departments.

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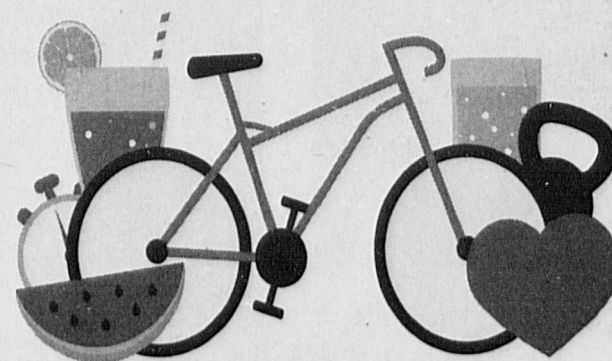
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**WICKED
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LOCAL GEM

Renaissance Leather tradition continues

Made rescue belt for new Disney film

By Carol Britton Meyer
cmeyer@wickedlocal.com

Barbara "Queenie" O'Callaghan continues to carry on Renaissance Leather's rich tradition of high-quality craftsmanship at the 105 North St., Hingham shop she owned and operated with her husband, Patrick, for 42 years until his passing nearly two years ago.

"At that time, on my brother's good advice, I decided to keep the business going. I had already been making belts and wallets, working on smaller projects, and doing repair work and had also learned how to lay out and follow patterns and do the stitching and trimming," O'Callaghan said. "I was also involved with every one of Patrick's projects — what leather to use and how to construct the piece." So continuing the vibrant business was a natural progression.

"Some years back I heard someone familiar with the town say Renaissance Leather is the second oldest business in Hingham still operated by its original owners," O'Callaghan said. "I'm not sure what the first one is!"

Whether repairing a leather wallet or making custom luggage for a rock star, the couple went about their work quietly and without fanfare since first opening their shop at 40 North Street in 1972, attracting customers from near and far — mostly through referrals. The shop was later moved to its current location when the building they partially occupied was sold.

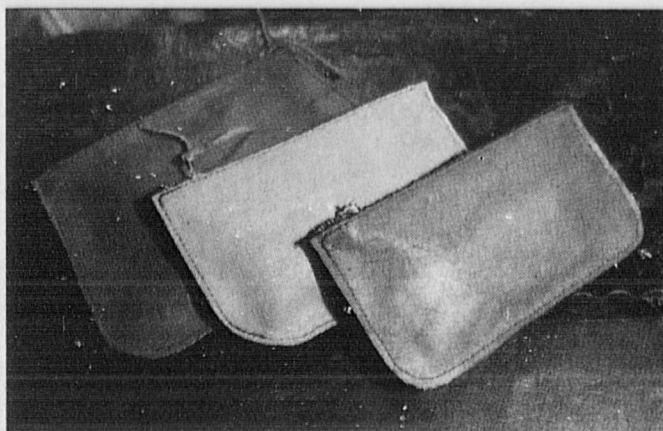
Work featured in film

That continues to be O'Callaghan's style, even though her fine leather work will be featured in the latest Disney movie, "The Finest Hours," set to be released Jan. 29.

"It's a true story about a Coast Guard rescue that took place off Chatham in the 1950s," O'Callaghan said. "I was asked to design and make a rescue belt for the ship. I'm looking forward to seeing the movie," which was filmed last summer.

One of O'Callaghan's hand-made wallets is also shown in the rescue scene. "I'm excited about that!" she said. She's not sure exactly how Disney discovered the small but hugely popular shop with an appealing laid-back 1970s aura, but it was likely by word of mouth, O'Callaghan said.

A member of the production team visited the shop a number of times to discuss



These zipper pouches are also hand made. WICKED LOCAL STAFF PHOTO/ROBIN CHAN

with O'Callaghan what she was looking for.

"I was asked to make four rescue belts altogether, and I'll be watching the movie closely to see which one was used," she said.

Although crafting hand-made items from top-grain leather is often considered a fading art these days, Renaissance Leather remains a favorite place to visit and to shop among townspeople and others from neighboring communities and beyond.

"There's nothing like the smell of real leather," Patrick said in a 2008 Hingham Journal interview. "Leather is very sensuous when you smell, feel, and look at it."

Unique offerings

Patrick made and now Barbara makes everything from motorcycle saddle bags and briefcases to knapsacks and vests. She also repairs leather belts, handbag straps, and coats — "whatever helps people get through their day of work or pleasure," O'Callaghan said with a smile.

Other unique items including hunting knife sheaths, gardening shear covers, iPad and cell phone cases, and a multi-use satchel that can be worn across the shoulder or as a backpack.

Patrick made the first satchel for his wife 30 years ago. She recently used the same pattern to make four more and they all sold.

On another note, O'Callaghan said, "People sometimes bring in old buckles from belts that no longer fit and I make them a new belt!"

One of Patrick's most memorable projects was working on Neil Young's leather motorcycle bag and chaps well over a decade ago. One day Patrick answered the phone and the famous rock star was on the other end. At first Patrick thought it was a prank, but when Young mentioned a leather bag Patrick had made for a friend of Young's earlier, he realized the call was real.

A painting of Patrick created by a friend in 1978 sits on one of the shelves of the shop,

which is set back from North Street.

Legacy

"Patrick left behind a legacy," O'Callaghan said. "Everyone liked him and appreciated his spirit, wisdom, and style. He was here in this shop because he liked talking with people and making things for them. There are still customers who stop by and don't realize that Patrick passed away."

That's not surprising, she said on a lighter note, because items made with great care from real leather last "for decades," so customers don't need to replace them often.

Hingham resident Brenda Beal can attest to that. Her husband, Bob, asked Patrick to make her a pocketbook more than 35 years ago and she is still using it today. "It's of such high quality and has all kinds of pockets," Beal said. "Patrick was and Barbara is such an incredible artist. Everything is so unique."

Several years ago an ultra-expensive bag caught Beal's eye. "I really liked it but was unwilling to pay such a high price, so I asked Patrick to make me a similar one. I liked it so much that he made me more of them — six colors in all — to match my shoes!" she said.

Last Easter Barbara made an aqua-colored bunny pocketbook at Bob's request to give to Brenda. "I haven't found shoes that color yet,



Barbara "Queenie" O'Callaghan is surrounded by a number of pieces that she made, including a zipper pouch that she is holding in her hand. WICKED LOCAL STAFF PHOTO/ROBIN CHAN

but I will!" she quipped.

O'Callaghan fondly recalls how her nickname, "Queenie," came about. "I was a homecoming queen and my friends had called me that so Patrick started doing the same," she said. Others followed suit. "Some people still call me Queenie!" Beal is among those who do.

O'Callaghan recently made leather cushions for an antique oak chair and leather fan belts and ball joint covers for an antique auto parts shop. She also makes leather handles and liners for a Nantucket basket maker who sells her work in a Nantucket gallery. "I am open to doing different kinds of things," she said.

Renaissance Leather's personal service, high-quality workmanship, and low-key local presence create an inviting atmosphere that continues to attract customers from near and far.

—For more information call (781) 749-9686.

You can follow Reporter Carol Britton Meyer on Twitter @CMeyerJournal.



This drawstring bag that Barbara "Queenie" O'Callaghan made and is based on a purse that her husband made for her. WICKED LOCAL STAFF PHOTO/ROBIN CHAN

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Butter is in search of a lap to cuddle on

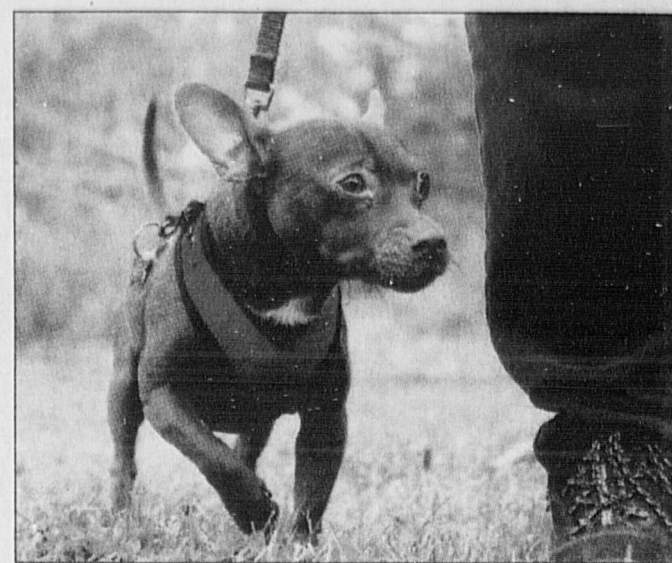
Butter is my name and I am a year-old Chihuahua-Dachshund mix. (No wisecracks, please). I was abandoned and found in the streets by some nice people. What I love are squeaky toys and walks. I also like sitting in someone's lap and watching TV.

I would love being in a house with another small dog or two, but I could do without a cat hanging around. I'm on the shy side and it may take me a while to warm up to men or children, but I'll get there. A big bonus: with my short hair, you have no

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— As told to Bob Ryan,
Boston Globe columnist
emeritus and ESPN
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Interested in Butter? Call 781-544-4533. COURTESY PHOTO

DON'T MISS THIS

Current exhibits at the art center gallery

An exhibition of five photographers in a show called "Shutters" will run through Feb. 21 in the Dillon Gallery at the South Shore Art Center, 119 Ripley Road. Participating in the exhibition are Joan Collins, of Duxbury; Peggy Roth Major, of Scituate; Joe Reardon of Chester, New Hampshire; Tim Waite, of Halifax; and Ronald Wilson, of Plymouth.

"Vantage Point," juried by Catherine Kernan of Maud Morgan Arts, is on display in the Bancroft Gallery.

The faculty feature in January is cartooning instructor Tak Toyoshima, of Hanover.

Gallery hours are from 10 a.m. to 4 p.m. Monday through Saturday, and noon to 4 p.m. Sunday. For information: 781-383-2787; ssac.org.



Joan Collins — "Marsh Wake" on exhibit at the Art Center. COURTESY PHOTO

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GIMME SHELTER

Sonja is as sweet as she can be

By Tammy Hatch

Meet Sonja, a one-year-old black & white small-framed girl with a sweet and dainty face, brown nose and expressively round green eyes. Recently separated from her litter of seven kittens, Sonja is missing her babies and the purpose her life held while caring for them.

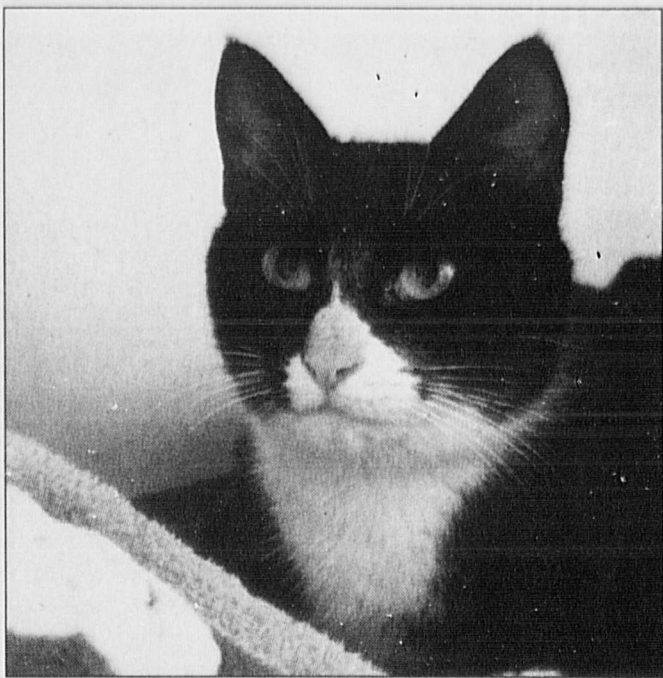
Understandably, she is pensive, timid and shy in her new surroundings.

When you sit down and spend some quiet time with Sonja, however, she will slowly approach you and nudge your outstretched hand with her head looking for gentle neck and cheek rubs.

Still very much a young girl at heart, one who not long ago enjoyed engaging in play with her kittens, Sonja shows her fun side as she delights in play time with a visitor. She gets especially excited when she is thrown a soft toy that she can easily grab with her paws, pick up and roll around on the floor with.

Well known for their even temperament and placid personalities, tuxedo cats are much like the middle child of a human family, the one who doesn't ruffle very easily and has a very "go with the flow" kind of attitude. Although Sonja is pensive and timid right now, she warms up easily when she's given the extra time she needs to feel safe enough to reveal herself.

All this sweet girl needs is someone who will believe in her, someone who will be patient and understanding, someone she can learn to rely on and trust. Once Sonja has all that, the love this sweet girl returns will be unconditional! Won't you come



Sonja is a real sweetheart looking for a family to fall in love with. COURTESY PHOTO

and meet this special girl!

You can learn more about Sonja and the other cats and kittens we have available for adoption by visiting us online at www.hsar.org or by visiting us at our new location, 487 Nantasket Ave., Hull. Open hours are Monday nights, 6:30 to 7:30, and Saturdays, 2 to 3 p.m. If these times are not convenient for you, special appointments can be made by calling our adoption coordinator, Judy, 781-534-4902.

Kittendales

The 2016 Kittendales calendar is in its ninth year of raising money for HSAR. Our calendar has traditionally featured local men photographed while holding one of our kittens against their bare chest. Popularity has grown and this year we are very excited to feature American pop star Lance Bass as well as two well known athletes, Charlie Davies of the New England Revolution and Colin Mulvey, pro-hockey player with the

South Carolina Stingrays.

Mission

HSAR is a tax exempt no-kill cat shelter whose mission is to rescue, house and provide medical care for homeless cats and kittens. Our mission also includes finding caring and responsible owners who agree to commit to giving our rescued cats and kittens a loving, life-long home. We rely solely on monetary donations as well as support for our fundraisers, including our biggest fundraiser, Kittendales calendar sales! All monies raised from calendar sales goes directly to providing the funds necessary to enable us to carry out our mission. Kittendales can be purchased on-line at www.hsar.org and are also available for purchase at Toast Restaurant in Hull and at the shelter. The cost is \$20.

— Tammy Hatch is a Volunteer and Board Member at Hull Seaside Animal Rescue.

REGISTRATION

Road Race celebrates 40 years

On Sunday, April 3rd, a 40-year Cohasset tradition continues with the running of the Cohasset Road Race by the Sea 10K presented by Cohasset Rotary Club. For some runners, it's the first race of the season and for others, it's their last warm up before the BAA Boston Marathon. No matter what your reason, the views and the fact that all net proceeds go to charity is reason enough to lace up!

The 10K race begins at 1 p.m. The Fran Coffey Memorial Walk, which takes place on the same day, begins at 10 a.m. at Willcutt Commons parking lot. The majority of the Walk follows the road race route, however, it starts and

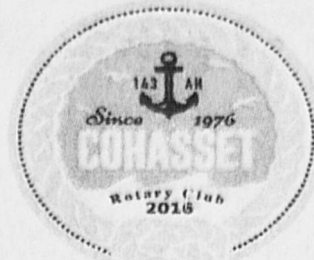
ends at 91 Sohler Street.

E-mail roadracebythesea@gmail.com if you're interested in sponsoring or volunteering.

The Rotary Club of Cohasset would like to thank our 2015 Banner Sponsors: RW Rosano,

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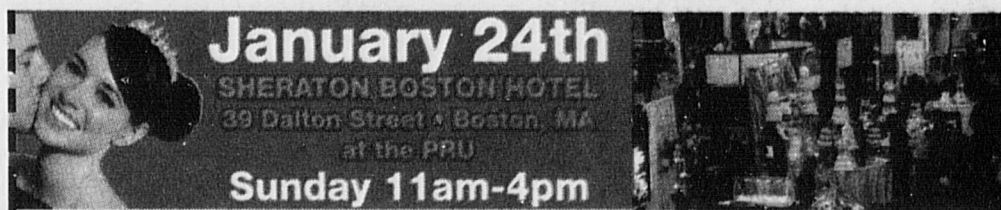
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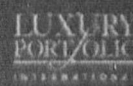
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HOME AT LAST

Hingham man released from Iranian prison

By Mary Ford
mford@wickedlocal.com

Matthew Trevithick, who was held in a prison in Iran for 40 days, returned home to Hingham on Sunday night to the relief of his family and the entire community.

In a statement, Trevithick's family, who have asked for privacy, said they were "profoundly grateful for his release and are happy for all the families whose loved ones are heading home."

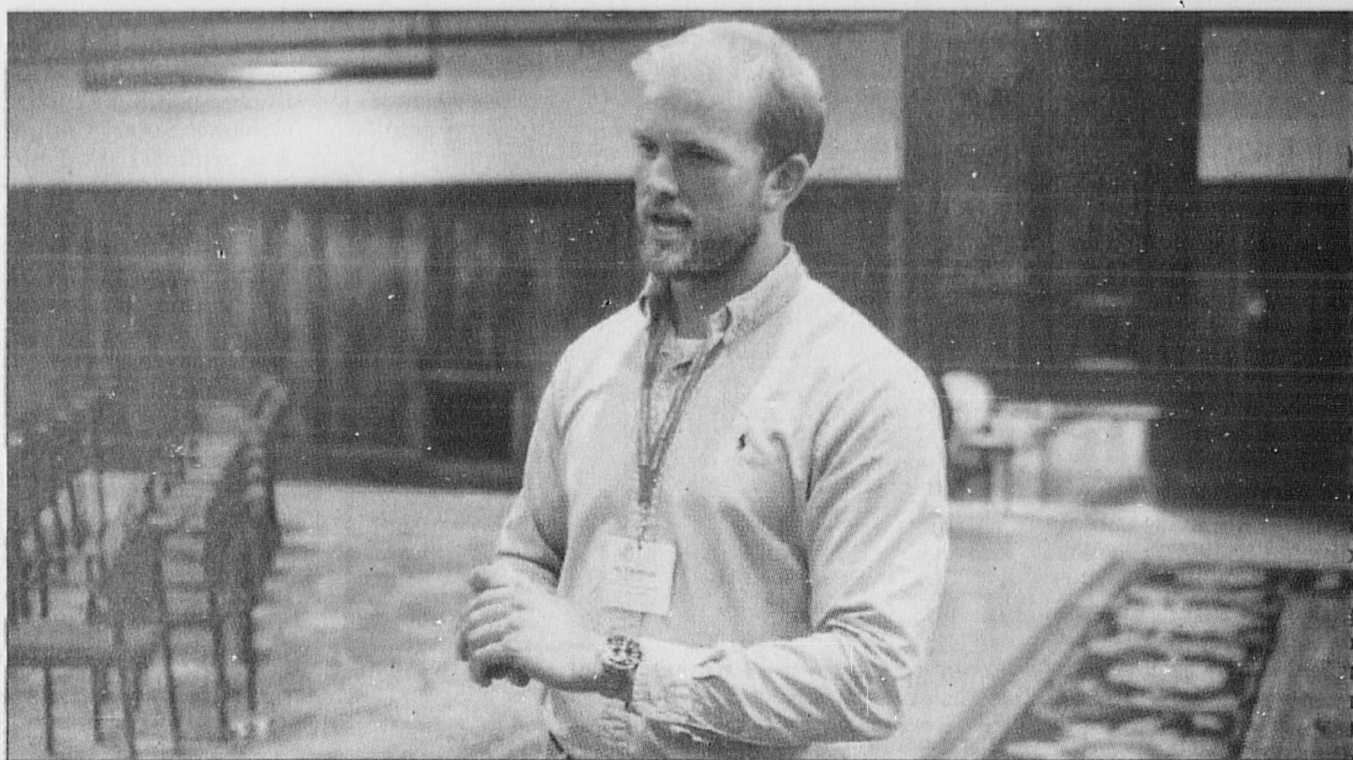
"Matt's doing very well after his ordeal in Iran, and everyone in his extended family has been thrilled to welcome him home," Trevithick's mother, Amelia Newcomb, said this week.

Trevithick, 30, was released Saturday independently of a prisoner exchange between the U.S. and Iran that saw four

American prisoners discharged. Officials haven't said why Trevithick was taken into custody and held in Evin Prison for more than a month, the Associated Press reported.

A 2008 Boston University graduate with a degree in international relations, Trevithick is no stranger to the Middle East. He was featured in a story in the Hingham Journal in November 2009 about efforts to obtain books for the American University in northern Iraq in Sulaimani, which opened in 2007.

At the time Trevithick eagerly accepted the position as librarian in addition to his other duties at the liberal arts school. He took on the challenge of accepting donations and finding a way to ship the books to Iraq, including hundreds of books being stored at his



Matt Trevithick when he was Special Guest Speaker at the National Student Leadership Conference's "Mastering Leadership" Program at Harvard University in Summer of 2014. COURTESY PHOTO

parents' home in Hingham. "I blindsided my parents when I gave them my address," Trevithick recalled at the time about people mailing books from all over the country. "They turned my room into a temporary storage." He came home in December 2009 for a holiday break and gave a talk at the Hingham Public Library about the book project.

In early 2010, Trevithick wrote two columns for the Hingham Journal sharing his experiences. He noted the Kurdish region where he was living was very pro-American.

"I am standing in an area

that is a total anathema to the broader Middle East we are so used to hearing about at home: the people here love the United States."

He wrote he was cautiously optimistic that the future looked bright. "But that's all been heard before," he wrote. "History shows us that the Middle East is a place where despair can be snatched from the jaws of hope too easily."

Trevithick traveled to Iran in September for a four-month intensive program at a language center affiliated with Tehran University. It is unclear why he was arrested.

Alex Strick van Linschoten, a friend and work associate who met Trevithick in Afghanistan, noted his friend's interest in language was the reason he was in Iran in the first place.

"Taking the time to learn a foreign language is often an indication that someone is willing to take an extra step to learn about a foreign culture or people, to connect in ways that go beyond reading a Wikipedia page or following how a story unfolds on CNN," Strick van Linschoten said.

"Matt did this often, from spending months researching and arranging

for travel into difficult parts of Afghanistan to find out what was going on there, to continuing to record podcast interviews even when he was in Iraq."

Mark DiCristofaro, a friend and classmate at B.U., noted that Trevithick's detainment was a secret.

"When he had stopped responding the past month I grew concerned, it was as if he had vanished," DiCristofaro recalled. "Matt has always known the risks involved in the region, he is smart and aware, this has not been his first skirmish with danger and so I held onto a gut feeling that he was somehow fine and handling whatever he needed to handle."

"Upon hearing Matt was one of the released prisoners I was in shock -- then suddenly relieved, realizing his vanishing all made sense. Finally hearing Matt's voice and that he was okay was a huge relief. Ironically, I can tell he's anxious for this to pass so he can get back to work."

Before leaving for Iran, Trevithick co-founded the Turkey-based SREO, a nonpartisan research center that analyzed the humanitarian crisis in that region, according to published reports.

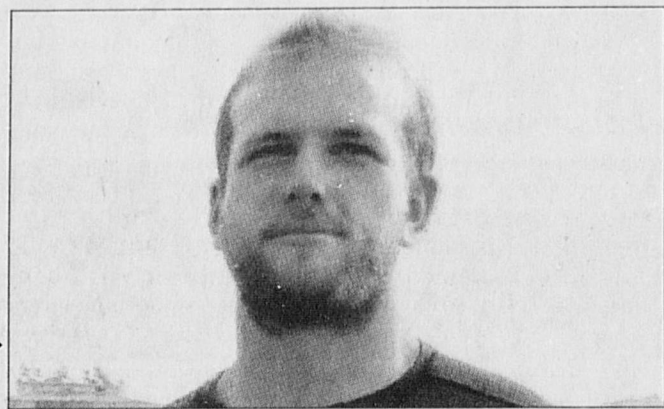
Trevithick's release also coincided with the announcement that Iran has satisfied its obligations under a nuclear deal with world powers, the Associated Press reported.

Hingham Selectmen Chairman Paul Healey said he was pleased that the U.S. government has shown once again its determination to look out for Americans everywhere.

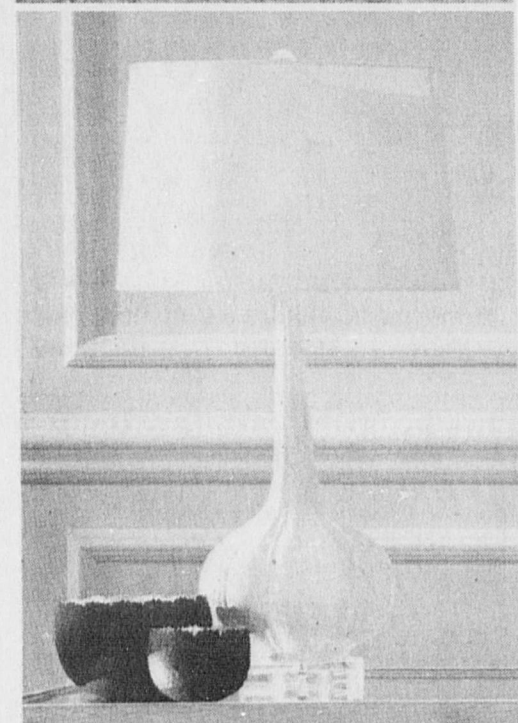
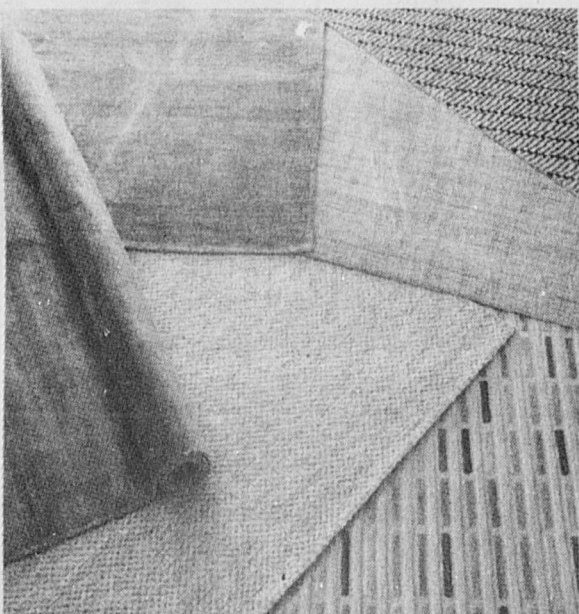
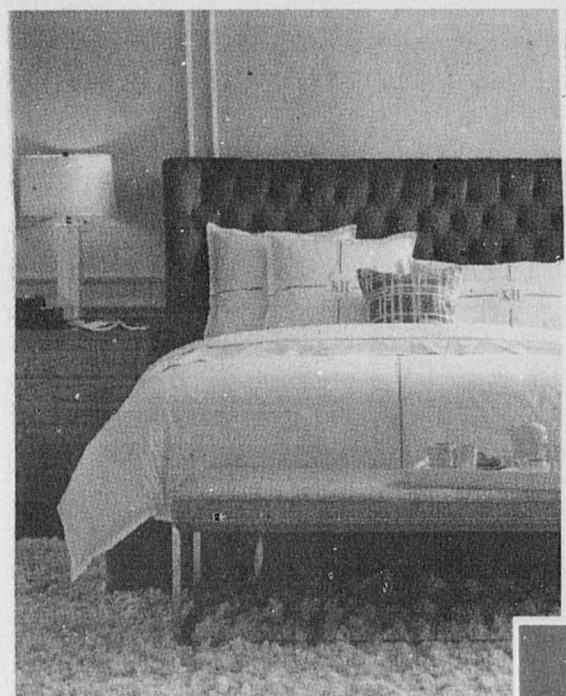
"As a Town we are delighted for the rapid release of Matt Trevithick and the joy it must bring to his family," he said.

Trevithick is not the first Hingham native to be held in the Middle East. In 1991, Alann Steen, then 52, a Hingham High graduate and college journalism teacher, was released after being held captive in Lebanon for five years. He returned to Hingham in July 1992 to serve as Grand Marshal of the Fourth of July Parade.

— Material from the Associated Press was used in this report.



Matthew Trevithick went to Iran in September 2015 for a four-month language program at an institute associated with Tehran University, his family said in a statement provided to The Associated Press. Trevithick was released after about 40 days in custody independently of a prisoner exchange between the U.S. and Iran that saw American prisoners discharged. 2013 PHOTO FROM ROBIN WRIGHT VIA AP



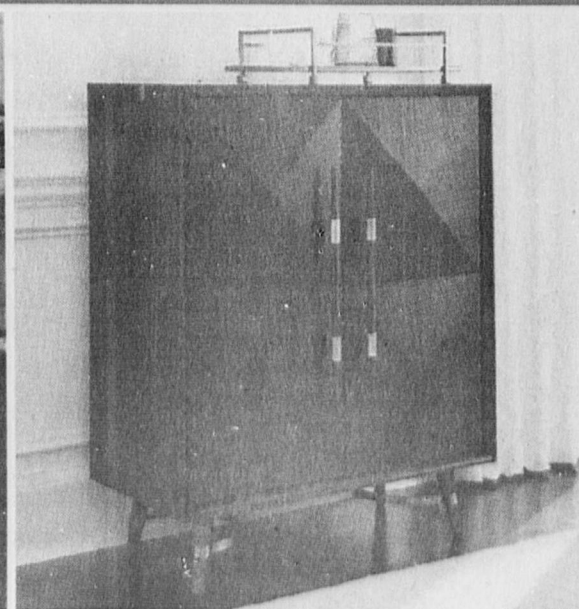
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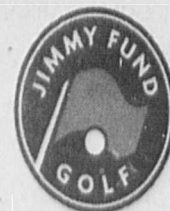


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COHASSET RESIDENT

Grand Lodge of Masons installs district officer

Edward William Redmond, of Cohasset, was installed as district deputy grand master of the Grand Lodge of Masons in Massachusetts and will preside over five lodges in the Seventh Masonic District for the year.

Over 28,000 Freemasons in more than 225 lodges in the Commonwealth are divided into 32 districts, each led by a district deputy grand master. As a district deputy grand master, Redmond serves as the grand master's personal representative to the lodges in his district. The grand master is the presiding officer in the state. Harvey John Waugh, of Lynnfield, was installed for his third term as the 88th grand master of Masons in Massachusetts. The grand master hand-picked Redmond for the position.

Raised in Stoughton, he graduated from Milford Academy in Milford, Conn.

Redmond is also an alumnus of the University of New Haven. He currently serves as senior account manager for W.B. Mason Co. Inc. in Brockton. He is also an active member of the Rotary Club of Stoughton.

He began his Masonic career by joining Rising Star Lodge in Stoughton. He served as the worshipful master, or presiding officer, from 2009-11. Masons use the original definition of worshipful: honorable. English mayors and judges are addressed by the title of worshipful even today. As district deputy grand master, Redmond will be called right worshipful.

The Seventh Masonic District is comprised of the following lodges: Azure Lodge in Walpole; Blue Hill Lodge in Canton; Rising Star Lodge in Stoughton; J. Philip Berquist Lodge, and Saint Alban's Lodge, both in Foxborough.

SAVE THE DATE

South Shore Community Center annual meeting

In accordance with Article V, Section I of the bylaws, notice is hereby given to the members of the South Shore Community Center Inc. that the

annual meeting will be held at 7 p.m. Jan. 26 at 3 North Main St., Cohasset.

Only active members shall be entitled to vote.

MODEL UN

From Page A1

Marcus Rowland. "I'm interested in meeting students from other parts of the US and the world. From what I've heard, it seems like a lot of fun."

Fun, said Willis, is definitely part of it. "Extracurriculars are part of delivering the discipline," he explained. "We're showing kids, 'Look at all the cool stuff you can do with history.'"

At Model UN, students serve on committees in pairs and debate international issues as representatives for their assigned countries. This year, half of Cohasset's students will represent Equatorial Guinea while the other half will represent the Solomon Islands. Committees discuss topics as wide-ranging as world health, disarmament and weapons, economics and business, biotechnology, and humanitarian topics.

Students follow the same rules of speaking as their real-world counterparts in the UN. And just like their counterparts, they might be dragged out of bed at one in the morning to address a crisis. Last year, civil war broke out in one of Cohasset's assigned countries — although this was a deliberate choice by the students representing it, who wanted to see how it would play out.

"Mr. Willis said jokingly that we should have a civil war in the country we were representing," remembers Xander Schubert, one of the students who brought imaginary civil war to the islands of São Tomé. At first, officials told them that

seeding conflict was against the rules, but the committee director decided to let them see where it went.

"We had to create a back story, a constitution, a declaration, and determine how the vote would be counted," said Schubert. "We split the country into east and west."

Now a junior, Schubert is returning to the conference for a second year, with no plans (yet) for starting a war in the Solomon Islands. He plans to participate again next year. History, said Schubert, is one of his top subjects.

Senior Julia Stanganelli will also be back for a second year, representing Equatorial Guinea on the Social Humanitarian Committee. She and her partner, Olivia Arnold, served on the same committee last year on behalf of Haiti.

"It was interesting working on the social issues," said Stanganelli. "Some of the other committees are more about economics and business, but we like the social aspect and how it affects people. Last year was a learning process," she added. "This year we're more prepared."

As an African country comprising a number of indigenous tribes, Equatorial Guinea has a lot of skin in the game, since the debate topic will be the preservation of indigenous cultures.

Stanganelli and Arnold might not be into the economic side of things, but for some students, that's the most exciting part. First-timer Rowland will be representing the Solomon Islands on the Economic

At Model UN, students serve on committees in pairs and debate international issues as representatives for their assigned countries.

and Finance Committee, which meant he had to learn about currency manipulation and the Trans-Pacific Trade Agreement.

In preparation for the conference, students have to prepare individual position papers on two assigned topics: missile defense systems, and intelligence gathering and espionage. Papers are written from the position of the student's assigned country.

If it sounds like a lot of extra work, that's because it is — but the students obviously don't look at it that way. Willis said some of his former students who did Model UN in high school are now leaders in the Harvard program. One of his current students was inspired to attend a Yale expo camp last summer, where he took a Model UN course.

Willis explained that, when he came to Cohasset seven years ago, he rebooted the debate team and found that students in the program were looking for other outlets to practice their skills. His sophomore Advanced Placement students fell in love with Model UN, and he's been leading it ever since.

But Willis is now ready to pass the torch. As the history department head and a coach of two sports teams, he feels that other teachers will be able to devote more time and energy to keep this program going.

He is grateful to see his colleagues Michael Welch and Christopher Luvisi stepping up with passion to fill his shoes.

This year's Model UN trip was funded by the Cohasset Education Foundation, a community-based organization that raises funds to ensure that Cohasset students, teachers and administrators have access to the programs, materials and equipment necessary to maintain a level of academic excellence.

Going forward, Model UN costs will be included in the school budget.

There are model UN conferences all over the country and world — one almost every week. But Cohasset students seem to have a special affection for the Harvard conference. Still, Willis and other teachers who lead the activity look forward to branching out and adding more conferences as student schedules allow. There is even some talk of trying out a Model Congress conference.

"It's the experience," Rowland said. "It's connecting to something larger than my school, larger than Cohasset. It's thinking about another country and what its needs and wishes might be — that's not something I do every day."

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OPINION

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OUR VIEW

Why public records matter

We believe the more the public knows the better.

And we also believe that's what our nation's Founding Fathers had in mind when they crafted the U.S. Constitution.

The idea – or ideal – was to form an open government based on the principles of public participation.

Clearly, an informed citizen is much better equipped to participate in that process, hence the need for unfettered access to public records.

The Massachusetts Legislature has been talking about reforming the state's public record law, which ranks among the worst in the nation on many fronts. For instance, Massachusetts is just one of three states, along with South Dakota and Wyoming, that don't have a provision where people who have been wrongly denied access to public records can recover attorneys' fees in some or all cases. And Massachusetts, comparatively, charges excessive, unreasonable fees, and provides records in paper form when it would be easier and cheaper to do so electronically. The cost of training to obtain public records is most often cost prohibitive. To add insult to injury, the Legislature itself has been immune from any aspect of the Public Records Law in Massachusetts.

The House passed a version of a reform bill in November 2015 that came up woefully short if the goal is to increase transparency in government and make records more accessible at a more reasonable cost. The Senate will be next, possibly taking another stab at reforming the law this week when formal sessions resume.

Indications from discussion that went on before the holiday break is the Senate version will have a little more teeth to it, but still won't go far enough.

Access to public records is important not only to media outlets trying to obtain information for a news story, but to every citizen who wants to know what's going on in his or her community, state and nation.

Again, information is knowledge.

Consider the Sex Offender Registry. The state publishes information about certain levels of convicted sex offenders on a website

and through communication with local police and in turn, local media. Residents know, or should know, if there's a dangerous sex offender living in their neighborhood or working at their workplace.

Police logs and incident reports are also available to the public under the public records law. While many rely on the newspaper to retrieve and publish that information, the law makes it available to anyone seeking the information, with a few rare exceptions. Theoretically, one would only need to walk into the police station and request the information.

Public records also include the minutes of governmental meetings, which should be made available in a timely fashion with copies readily available. Minutes of executive session meetings must be released and available for the public to review as soon as the stated purpose for the executive session exemption has ceased.

Are you interested in how much money town employees earn? Or how much the police or fire departments are spending in overtime? Your tax money goes toward paying those salaries and providing those services. You have a right to know how that money is being spent, especially if you're looking for answers before casting an important vote on a Proposition 2-1/2 question.

Citizens have a right to all this information and much more.

It is presumed – or should be presumed – that every record that is made or received by a government entity or employee is a public record. In the 21st Century, that includes all government records generated, received or maintained electronically, including computer records, electronic mail, video and audiotapes.

The Commonwealth has maintained laws mandating the disclosure of public records since 1851. But Massachusetts has fallen behind the rest of the nation when it comes to having a public records law that's in the public's best interest, not the government's best interest.

In the state where the fight for independence and democracy began, it's unacceptable and embarrassing that Massachusetts has failed to keep up with the times by making the public part of the process our Founding Fathers fought so hard to create.

HOW TO SUBMIT

Letters must be original and signed. Include the writer's address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043, cohasset@wickedlocal.com, or fax to 781-741-2931.



LOOKING BACK

Pennies? Going, going, gone!

It was a few seconds before I realized that she was standing beside me. "A penny for your thoughts?" I must have been a million light years away in thought. "Is that all my previous thoughts are worth now-a-days?" I asked her. A penny is so small that it is hard to hold between my fingers, and its monetary value is even smaller. I began to reminisce about my use of pennies over my lifetime.

I am sure you are familiar with the expression, "Find a penny, pick it up. All the day you'll have good luck." How often I see people walking past pennies scattered about on the ground. It's my habit to pick them up rather than walk past them. After dropping them into my pocket book, I never think about them again until it is time to change my pocket book for the new season. I am amazed at the large number that I have collected over six months. When my children were young, the excuse I gave them as I bent down to retrieve the pennies, was that 10 pennies make a dime and with a dime you can purchase a candy bar.

Recently, word reached the East Coast from California. Several smaller towns and cities have banned the use of pennies within their town/city boundaries. Imagine what that might mean to our economy. No more mattresses selling at \$799.98. No, they would now cost the buyer \$800. Eight hundred dollars sounds so much more expensive than \$799.98. No more splitting the penny when we pay a fraction of a cent for oil or gas. An example of that would be \$2.3390 per gallon. No more two for \$.98. Instead of \$1.96, we would be charged \$2. And how about restaurant charges? Everything that involves money would end in either a 0 or a 5. Really! How boring!

The allowance I received



ETHEL FRANKS

when I was young was small, five cents a week. Lest you think I had a huge sum of money to blow, let me assure you that was not true. Of that five cents, which was always given to me in pennies, one cent went into a cup marked "A penny saved is a penny earned." That was for the Five Cent Savings Bank. Another cent was for Sunday School. That cup was labeled, "Return unto the Lord 10 percent of your income." The third cent went into a cup marked "Board and Room." The fourth cent was set into a cup labeled "Fun Activities." For several weeks, I saved money in that cup so I could take knitting lessons at the Yarn Shop located at the end of my street.

At an early age, we were taught ways to budget our money. Lessons that stayed with me all my life. That left me with one penny to spend any way I chose. Each Saturday morning, I headed early to the neighborhood Penny Candy Store. There, I purchased a Tootsie Roll. I knew that in every box of Tootsie Rolls delivered to the store, one among the dark chocolate was vanilla. If, perchance, my roll was blond colored, it meant I had won a large Tootsie Roll. If the large roll was blond? Well! The customer, me, had won a Brownie Camera.

When I was growing up, all our pennies were called wheat pennies. On their backside were two wheat-heads set in a memorial style. Between the wheat-heads and centered on the coin, was the denomination "one cent" and printed under that "United States of

America." Nestled around the upper curve was our national motto, "E Pluribus Unum," Latin for "from many, one." In 1959 the back of the penny was redesigned to reflect the 150th anniversary of Lincoln's birth. I had not seen a wheat penny in many years until last week, I received one as change. During World War II, copper was needed for use in ammunition and other military equipment. So the United States Mint researched various ways to limit dependence on the metal. After much experimentation, the one-cent coin we had come to think of as made from copper was replaced with a zinc coated steel coin. The new coins were magnetic and a bit lighter than the wheat coins and contained no copper. I remember the steel coins were often mistaken for dimes and vending machines rejected them as slugs. When first distributed, they were shiny like silver. Soon after distribution, they became dull, the edges rusted and the surface and rough. When held too long in my hand, they began to smell metallic. The coin was never accepted by the public and was withdrawn from circulation in the 60s. The Steel Cent is the only United States coin that can be picked up with a magnet.

Pennies were collected for our Home and Foreign Missionaries. Once a year all our pennies saved during the year, were gathered into large containers, counted and deposited in the bank, later the value

to be used to support our Missionaries. We kids were in competition with each other to determine who had saved the most pennies over the year past. As I enjoyed my Saturday Tootsie Roll, I rarely thought about needy folks in the other lands. To move the pennies from the church to the bank, the men used their son's flexible flyer wagons.

We rarely give pennies a fleeting glance when we see them on the sidewalk. We never think of the odd penny charged for almost anything we purchase in a retail store. We seldom appreciate the savings we receive from our credit card purchases when charged an odd cent instead of a nickel. Future generations will puzzle over the use of pennies as the lowest form of coinage that people living in the United States used in the past years. Mark my words, when the penny leaves us, following soon behind will be the nickel.

A closing thought:

Many years ago, Bing Crosby sang, "Every time it rains, it rains pennies from heaven...You'll find your fortune falling all over town, be sure that your umbrella is upside down...So when you hear it thunder, don't run under a tree. There'll be pennies from heaven for you and me." Save your pennies, shop in the Penny Candy Store and enjoy your Tootsie Roll.

— Ethel Franks is a Hingham resident and regular columnist.

Cohasset Mariner

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If you do not currently subscribe to the Cohasset Mariner, you might consider doing so! It is

easy to do. You can call our subscription line at: 1-888-697-2737 or easier yet, visit: mypapertoday.com and follow directions for weekly newspapers.

A subscription to the Cohasset Mariner also makes a great gift for a new neighbor, college student or relative.

LIFE AT CHS

Winter semi-formal taking shape

Not having to wake up at 6:30 Monday morning was a God-send — no blaring alarm clocks, throwing textbooks unceremoniously into backpacks or clearing off snow-covered cars. Students of CHS got to shave one day off their school week, thanks to Martin Luther King Jr. Day. We've been hearing Dr. King's famous "I Have a Dream" speech since grade school, but as we've gotten older, the meaningfulness of the day has seemed to boil down to "no school". However, many history teachers have taken care to review his



BECCA FREDEY

life and legacy, refreshing the biography in the minds of CHS students.

This week, though a short one, was as action-packed as ever. Planning for the Winter Semi-Formal is already well on its way, with volunteer students, Student Council and besides, pitching in to help transform the Town Hall into the classic

"Winter Wonderland" spectacular dance theme for next week. From twinkle lights to paper snowflakes to centerpieces, there seems to be something for everyone to do. This creative endeavor is not the only one of its kind where CHS is concerned.

Students in Mr. Lafontaine's woodshop class have been displaying their coursework in the hallway outside the workshop, and I'm blown away by all of it. Tables, shelves and bookcases, finished with shiny varnish line the hall, braggings the title of the piece and its handy creator of small place cards.

It always smells strongly of sawdust and something slightly burnt near that room, however students are always more than willing to dedicate and entire semester to this class.

The debate team has been the topic of conversation as of late! Run by dynamic duo Mr. Bill Fish and Mr. Jason McCabe, just two in CHS's wonderful English department, coach high school students to compete in inter-school debates.

This season's topic revolves around the United States Federal Government; students are asked to answer whether or not the government should

substantially curtail domestic surveillance. Students are assigned either an affirmative or negative stance, and they're expected to debate with other teams on the issue, judged by a volunteer at each location.

Last Wednesday's meet took place in Kingston. This activity isn't easy to judge; students are graded on evidence, content, speech abilities — but there's no overall winner. The students are separated in "varsity" and "novice" groups, arguing with other students of their experience level in these largely populated debate events. Any high schooler

can participate, so long as they're talented in the art of quick thinking and accusatory tones. Next week will be filled with the small details of the Winter Semi-Formal, the final thoughts of the semester and, of course, the senior class' anticipation of finally (finally) letting that nagging epidemic of Senioritis into their lifestyle.

— Becca Fredey is a senior at CHS and weekly columnist for the Mariner. She's in charge of the Winter Semi-Formal's centerpieces, and has no idea what she's doing. Why does she sign up for this stuff?

LIBRARY KIDS

Drop In Crafts on Thursdays

Paul Pratt Memorial Library, 35 Ripley Road. Call 781-383-1348 for more information or visit our website at: cohassetlibrary.org.

Programs

Drop In Crafts: Between 10:30 a.m. and 1 p.m. Thursdays

Mamasteph: 10:30 a.m. Monday, Jan. 25

Lego Club: 4 p.m. Monday, Jan. 25

Puppet Story Time with Leigh and Friends: 10:30 a.m. Jan. 26, Feb. 9 and 23

Storytime with Mrs. Moody: 10:30 a.m. Feb. 2 and 16

Partner Reading with Sophie the therapy dog: 4-5 p.m. Feb. 2 and 16

Special Events

Mamasteph: 11 a.m. Jan. 23

Jewelry Makerspace: 2-3:30 p.m. Jan. 27, for ages 10 and older.

Eyes on Owls, live owls show: 2 p.m. Jan. 30, for ages 4 and older.

Raising a Reader with Big Ryan's Tall Tales:

1 p.m. Feb. 1, 3, 8, and 10. All caregivers and their children, ages 3 to 5-years-old, are welcome to participate in this four-week series on making stories and language come alive. It will take place in the Story Room. It is sponsored by the South Shore Community Action Council. Register online at cohassetlibrary.org.

Build It! 10:30 to 11:30 a.m. Feb. 17. Join the Children's Museum in the Meeting Room, to explore structures and stability, designs and construction. For ages 4 and older. Attendees will experiment with a range of different materials to solve engineering problems and build some cool structures. Register online at cohassetlibrary.org.

1000 Books Before Kindergarten: Accept the challenge. Registration forms and reading logs available in the Children's Room. For more information: 1000books-beforekindergarten.org/1000-books-before-kindergarten-program.

PUSHING THE EDGE

Downton Abbey: Back to the Future

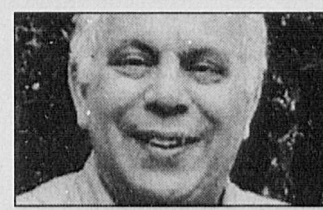
The final season of the popular PBS series Downton Abbey is in full swing. The creator has promised to tie up all loose ends. For loyal viewers the series conclusion is bittersweet. In the finale I envision the scene credits to give a glimpse of the future for the characters. Consider these outcomes.

■ **Mrs. and Mr. Carson** move to Nebraska and adopt a little boy, Johnny. He is quite precocious and likes to be called to the dinner table with "Heeere's Johnny".

■ **Mr. and Mrs. Bates** relocate to the Oregon and purchased a seedy motel just off the highway. Their son Norman takes up the hobby of taxidermy. His friends think he is a little "psycho."

■ **The Dowager Countess** discovers a lost great grandson, Ricky Gervais. He inherits her irreverent sense of humor.

■ **Lady Mary's** escapade with Lord Gillingham remains a family secret. Her ladyship marries Henry Talbot. They later relocate to Hingham and



GLENN MANGURIAN

start a women's retail store.

■ **Lady Edith** weds prominent aristocrat Basil Jagger. Together they have a son, Michael. "Mick", as he is known by his friends, "can't get no satisfaction."

■ **The Earl and Countess of Grantham** lose everything in the stock market crash of 1929 but in 1930 end up winning the Irish Sweepstakes.

Well, all good things must come to an end. If only Hollywood could learn that quality television still has an audience.

— Glenn Mangurian is a Hingham resident of 30 years. He spends his time consulting, teaching leadership and writing to provoke thinking. He welcomes your comments and can be reached at gmangurian@frontierworks.com

LIBRARY CORNER

Save the date: Sunday Author Talks

Paul Pratt Memorial Library, 35 Ripley Road, Cohasset. Call 781-383-1348 for more information or visit cohassetlibrary.org.

Opening reception for Artist Susan Ahearn: The South Shore Art Center presents an art exhibit by Susan Ahearn at the Paul Pratt Memorial Library through Feb. 29. The show features everyday objects set in still life arrangements, along with a few landscapes done in oil. All are welcome. Gallery hours are 10 a.m. to 8 p.m. Mondays through Thursdays, 10 a.m. to 5 p.m. Fridays and Saturdays and 2-5 p.m. Sundays.

Library Book Group:

Join for coffee and a discussion of "All the Light We Cannot See" by Anthony Doerr at 10 a.m. Jan. 27. All are welcome.

Movie Matinee at the Library: Enjoy a free daytime movie at the library at 11 a.m. Feb. 5. Shaw's of Cohasset provides light refreshments. Call the library for movie details.

Movies, Music, and more: Download up to 20 titles of movies, e-books, music, and comics every month from Hoopla, free with a Cohasset library card. Music from the play "Hamilton," the movie "Star Wars: The Force Awakens," David Bowie,

Glenn Frey and so much more streams to a computer or mobile device. Explore Hoopla's site at hoopladigital.com/home. Contact the reference librarian for more information.

Online Tools: Discover what the Cohasset library card can do by visiting the website cohassetlibrary.org. Learn a new language with Pronunciator, brush up on skills needed in that new job with Lynda.com, or snuggle down with a good book on a rainy or cold day by borrowing an ebooks from Overdrive. Call the reference librarian for help accessing these services.

Great Decisions Discussion Group: Registration is now open for the spring session of Great Decisions discussion group at the library. Great Decisions is designed to encourage debate and discussion of the important global issues of our time. Participants are asked to attend eight consecutive weekly meetings beginning with a meeting from 1:30 to 3 p.m. March 2. Registered participants will receive a study book courtesy of the Friends of the Cohasset Library. To sign up, call reference librarian Gayle Walsh or cohassetlibrary.org. Limited to 10 people.

ALZHEIMER'S JOURNEY

Understanding different types of dementia

Dementia is a term that is often used interchangeably with the most common form of dementia, Alzheimer's disease, but what many people don't realize is that it is an umbrella term and there are currently more than 100 different types of dementia, Alzheimer's being but one of them.

This is an important distinction as the different types of dementias come with different medications, different approaches to plans of care that caregivers at home or within a community should utilize and, most importantly, different symptoms.

Some commonly noted dementias include the aforementioned Alzheimer's, as well as vascular dementia, a result of inadequate blood flow to the brain, frontotemporal dementia, when nerve cells are damaged in the brain's frontal lobes, and Lewy body dementia, which refers to both Parkinson's disease dementia and dementia with Lewy bodies. The reality also is that many people may experience multiple types of dementia as they age and progress, which is referred to as mixed dementia.



NADINE SHWEIRI

When you or a loved one is first diagnosed with dementia, it's important to understand the preliminary source and the type of dementia symptoms. Often, a dementia diagnosis is generally diagnosed into a broad category of "Dementia - Probable Alzheimer's type" or "Dementia - not otherwise specified," as it has likely been made by a general practitioner who is not skilled in the various types of dementia. These overly broad diagnoses can result in a more challenging journey for the patient and caregiver as medications and plans of care are not catered to the specific type of dementia.

As such, following a general diagnosis, I recommend visiting a neurologist or an Outpatient Senior Behavioral Health Unit for a more advanced diagnosis and understanding of the root cause of the dementia exhibited by you or your loved one.

It is also important

to reassess the overall situation every so often for both the wellbeing of your loved one diagnosed with dementia and the wellbeing of the caregiver. Due to the progression of dementias or the possibility of an additional dementia inflicting itself on your loved one, symptoms can change and stressors to the caregiver and loved one will change as well.

There might also come a time when the focus of the dementia journey becomes more about understanding and supporting the symptoms of dementia rather than the diagnosis, and when that time comes, many people have found success with psychiatrists and their medication expertise.

As a caregiver, it's important to understand that dementia doesn't stand still and the ever-changing journey can come with support, education and resources available to both the patient and the caregiver. Such support includes support groups for both caregivers and individuals living with dementia and educational seminars that educate on the topic of dementia and caregiving, providing useful advice as well as the opportunity

to meet other caregivers or individuals living with dementia.

Senior centers are helpful when looking for these resources. At Bridges by EPOCH at Hingham we also host free educational sessions throughout the year as well as monthly support groups. In March, we're hosting the educational session, "The Signs and Stages of Dementia." You can learn more about our upcoming schedule by visiting the community or calling 781-749-7114.

Dementia — and all its forms — is a complicated disease, but staying educated on the topic is a good place to start.

— Nadine Shweiri is a registered nurse and the Executive Director of Bridges by EPOCH at Hingham. She is trained in Teepa Snow's nationally renowned memory care program, "Positive Approach to Brain Change," and in the Alzheimer's Association's "Train the Trainer" program. With 15 years' experience in senior care, she has served older adults and their families in a variety of settings including nursing homes, adult day centers and assisted living communities.

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SPECIAL ELECTION

Rep. Murphy rules out state senate bid

By Ed Baker
ebaker@wickedlocal.com

State Rep. James Murphy, D-Weymouth, said he would not enter the special state senate election primary in April to run for the seat recently vacated by former State Sen. Robert Hedlund. Murphy represents one precinct in Hingham.

"I truly appreciate all of the encouragement and support to run for the Senate, but at this time I can be more effective for the district by continuing my work as state representative," Murphy said in an email. "I have thoroughly enjoyed my work in the house of representatives accomplishing much, but my work is not done. I

look forward to continuing my work for the great people of the district as state representative."

Murphy represents Weymouth precincts 1, 2, 3, 4, 7, 8, 10, 11, 13, 14, 15, 17, 18; and Hingham precinct 2, which is in Plymouth County.

Murphy, who could not be reached for further comment, has been representing the Fourth Norfolk since he succeeded former Democratic state Rep. Paul Haley in 2001.

Hedlund represented the Plymouth & Norfolk District for 22 years until he submitted his resignation letter Dec. 24 to become mayor of Weymouth on Jan. 4.

The Plymouth and Norfolk District includes

Weymouth, Hingham, Hull, Cohasset, Scituate, Norwell, Marshfield and Duxbury.

The candidates seeking to succeed Hedlund include his former legislative director Patrick O'Connor, a Republican and president of Weymouth's town council; Hingham Democrat Paul Gannon, a former state representative from South Boston and current Hingham selectman; Brian Cook of Duxbury, who is running as an independent; and Democrat Joan Meschino, executive director of the Massachusetts Appleseed Center for Law and Justice and a former Hull selectman.

The two candidates who receive the most votes in the primary in April will be

eligible to run in a special election in May.

State Senate President Stanley Rosenberg and Minority Leader Bruce Tarr said in recent joint statement the senate would set the special election dates to fill the vacancy in the Plymouth and Norfolk district during its next formal session, Jan. 21.

The primary would be scheduled for Tuesday April 12 and the special election would be May 10 if lawmakers approve the dates.

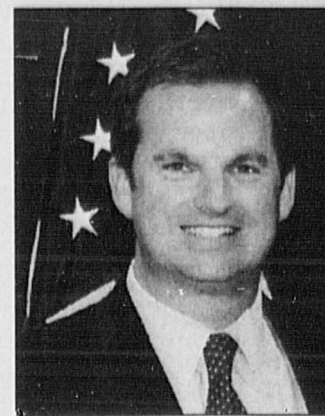
If the senate sets election dates, candidates can file the 300 signatures they'll need to run for the seat and get their names on the ballot, according to Brian McNiff, a spokesman in the election division of

Secretary of State William Galvin's office.

The Senate Rule 5C also compels legislators to act to set the special election, according to Rosenberg's press secretary Peter Wilson.

Under the rule, if there is a vacancy prior to April 1 in an even-numbered year, the Senate is required to vote a special election within 20 days after the vacancy occurs.

Hedlund previously said he had considered resigning a month earlier to help speed up the election process and possibly have the primary election coincide with the March 1 presidential primary, but Galvin had ruled that out due to insufficient time.



State Rep. James Murphy (D-Weymouth) has ruled out a run for state senate in the upcoming special election to replace Bob Hedlund, now the mayor of Weymouth.

— Alice Coyle contributed to this report. Follow Ed Baker on Twitter @EdBakerWeymouth.

SEE FORM, PG. A6

Nominations sought for Citizen of the Year

Deadline is Feb. 12

By Mary Ford
mford@wickedlocal.com

In keeping with a 23-year tradition recognizing an individual for outstanding service to the community or a special achievement — the Cohasset Mariner is now accepting nominations for the annual Citizen of the Year Award.

We invite our readers to take this opportunity to nominate a person who has made a significant contribution to Cohasset.

Last year Cohasset honored Tom Wigmore for his dedication to the town's veterans on so many levels including, the Healing Field, Memorial Day, 9/11 observance, Veterans Day, placing flags on veterans graves and so much more.

The deadline for nominations for the Citizen of the Year is 5 p.m. Friday, Feb. 12. Please see the nomination form on

page A6. The form may be photocopied. Letters of nomination are also accepted and should be mailed or sent by fax to The Cohasset Mariner, 73 South St., Hingham 02043. Our fax number is 781-741-2931. Letters of nomination by email to mford@wickedlocal.com are also welcome.

This is not a popularity contest. Following the close of nominations, a selection panel — after reviewing the names submitted by poring over the nomination letters and comments — will select the Citizen of the Year.

Nominees may be someone in elected office, a member of an appointed town committee, teacher or school administrator, clergy member, firefighter, police officer or other municipal worker. And the nominee may be a person in the business community, sports figure or an "unsung" neighbor or friend who has freely given

of his or her time and energy for a worthwhile Cohasset project or cause.

This year's recipient will be the 23rd person honored as the Cohasset Citizen of the Year, joining past recipients:

■ **Gerard T. Keating**, "Mr. Cohasset": for his more than half-century of contributions to the community

■ **Joseph D. Buckley**, for his work behind the scenes helping seniors understand the complexities of the healthcare system;

■ **Dr. Robert T. Sceery**, for his more than 40 years of dedicated service as a pediatrician in town and school doctor.

■ **The Rev. Gary Ritts**, pastor of the Second Congregational Church, for being a positive force for good through his work with the Appalachia Service Project (ASP);

■ **Anna Abbruzzese**, for all her volunteer work at the Council on Elder Affairs;

■ **Katherine Stanton**, for

her tireless service to the town and its citizens over the years;

■ **Clark Chatterton**, for his generosity of spirit and deep caring for his fellow man, his years of work as a teacher and athletic director at the high school;

■ **State Rep. Mary Jeanette Murray** for a lifetime of service to her hometown, first as den mother and Little League mother and Girl Scout leader, and then as selectman and state representative.

■ **Glenn Pratt** for his dogged determination over 20 years to see more cemetery space in town, remembering local soldiers who made the ultimate sacrifice;

■ **Arthur Lehr** for more than 50 years of volunteer service on worthwhile projects;

■ **Marjorie Murphy** for touching countless lives through her roughly 25 years as school librarian at Deer Hill;

■ **John Coe**, for his work

quietly behind the scenes helping fellow citizens and his service as the "beloved Town Crier" for years at the Village Fair;

■ **Marjorie "Margie" Steele**, who was the "heart and soul of the Cohasset Food Pantry," for her energy and long-time commitment to the important service;

■ **Roger Whitley**, former Advisory Committee member, and Paul Pratt Library Trustee, who had spent much time over his 50 years as a Cohasset resident "involved."

■ **Merle Brown**, former selectman (four terms), Conservation Commissioner, involvement with Beechwood Ball Park project, Boy Scouts, recycling, to name a few.

■ **JoAnne Chittick**, artist and volunteer at Rosie's Place for 30 years;

■ **Dick Avery**, volunteer, for serving on town boards, on non-profits, helping the Boy Scouts and more;

We invite our readers to take this opportunity to nominate a person who has made a significant contribution to Cohasset.

■ **Ed Lappen**, for his tireless dedication and service to his family, community and the world.

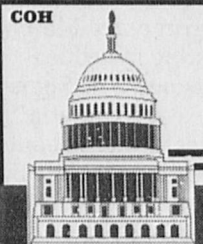
■ **Veneta "Vee" Roebuck**, a life-long conservationist for her long-time service on the Conservation Commission;

■ **Phil Lehr** for his 50 years of involvement in scouting;

■ **Jack Buckley** for his vision, foresight and determination in helping to establish the Center for Student Coastal Research (CSCR);

■ **Tom Wigmore** for his total dedication to the town's veterans as the force behind many activities and programs.

COH



Beacon Hill Roll Call

By Bob Katzen

bob@beaconhillrollcall.com

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If you have any questions about this week's report, e-mail bob@beaconhillrollcall.com or call 617-720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) * Not every item is voted on by both House and Senate



Senator
Robert L. Hedlund
(R-Weymouth)
617-722-1646
Room 313C



Representative
Garrett J. Bradley
(D-Hingham)
617-722-2520
Room 479

THE HOUSE AND SENATE: Beacon Hill Roll Call records local representatives' votes on roll calls from the week of January 11-15. There were no roll calls in the Senate last week.

OPIOID ABUSE PREVENTION (H 3944)

House 149-0, approved a bill aimed at reducing the opioid abuse crisis in the Bay State. The measure is designed to reduce the number of opioid pills in circulation by working with many parties involved in the process including schools, doctors, insurance companies and pharmacists.

Other provisions include requiring all public schools to have a policy regarding substance abuse prevention and educate their students about the dangers of substance abuse; requiring increased substance abuse training for health care professionals; limiting initial opioid prescriptions by doctors to a seven-day supply except for chronic pain management, cancer and palliative care; requiring doctors to check the state's prescription monitoring database each time they prescribe opiates; and ending the practice of sending women who are civilly committed for alcohol or substance-abuse disorders to MCI-Framingham.

Supporters said this landmark legislation is a balanced and practical approach that will improve schools' approach to teaching kids about drug prevention and increase access to treatment for those who are addicted. They argued it will save lives and spare the heartache of many families by helping to stem the rising tide of drug addiction and drug-related deaths across the state. They noted there were 1,256 accidental drug-related deaths last year.

(A "Yes" vote is for the bill.)

Rep. Bruce Ayers	Yes
Rep. Garrett Bradley	Yes
Rep. Thomas Calter	Yes
Rep. James Cantwell	Yes
Rep. Mark Cusack	Yes
Rep. Josh Cutler	Yes
Rep. David DeCoste	Yes
Rep. Angelo D'Emilia	Yes
Rep. Geoff Diehl	Yes
Rep. Michelle DuBois	Yes
Rep. William Galvin	Yes
Rep. Susan Gifford	Yes
Rep. Randy Hunt	Yes
Rep. Louis Kafka	Yes
Rep. Ronald Mariano	Yes
Rep. Christopher Markey	Yes
Rep. Matthew Muratore	Yes
Rep. James Murphy	Yes
Rep. William Straus	Yes
Rep. Walter Timilty	Yes

HOLD FOR THREE DAYS (H 3944)

House 34-116, rejected an amendment allowing a doctor to commit to a mental health facility for up to three days an alcohol or substance abuse patient who has overdosed if the doctor feels that there is a likelihood of the person harming himself or herself or others.

Amendment supporters said it could save lives if doctors, other health professionals and family members have more time to intervene. They argued that people are dying every day as a result of being sent home instead of held and evaluated.

Some amendment opponents said the bill already requires a written evaluation within the first 24 hours of admission to the facility. Others said there is a shortage of hospital staff and facilities to handle this 72-hour hold. Some argued the amendment is an unfunded mandate that will further burden community hospitals and cities and towns.

(A "Yes" vote is for the amendment. A "No" vote is against it.)

Rep. Bruce Ayers	Yes
Rep. Garrett Bradley	Yes
Rep. Thomas Calter	Yes
Rep. James Cantwell	Yes
Rep. Mark Cusack	Yes
Rep. Josh Cutler	Yes
Rep. David DeCoste	Yes
Rep. Angelo D'Emilia	Yes
Rep. Geoff Diehl	Yes
Rep. Michelle DuBois	No
Rep. William Galvin	No
Rep. Susan Gifford	Yes
Rep. Randy Hunt	Yes
Rep. Louis Kafka	No
Rep. Ronald Mariano	Yes
Rep. Christopher Markey	No
Rep. Matthew Muratore	Yes
Rep. James Murphy	No
Rep. William Straus	No
Rep. Walter Timilty	No

DECREASE SUPPLY TO FIVE DAYS (H 3944)

House 33-115, rejected an amendment that would decrease from seven days to five days the maximum length of time that doctors are allowed to write initial opioid prescriptions for a patient.

Amendment supporters said the reduction to three days would reduce the chances that patients will become addicted to opioid pain pills in the first place. They noted that some doctors prescribe up to a two-week supply when the patient is likely to have pain for only a few days.

Amendment opponents said patients often need more than a five-day dose and argued the seven-day maximum is more reasonable. They noted that patients must have a written hard copy of an opioid prescription, which means they must go back to the doctor's office if they're still in pain. That could create a problem as most offices are closed on weekends.

(A "Yes" vote is for the amendment. A "No" vote is against it.)

Rep. Bruce Ayers	No
Rep. Garrett Bradley	No
Rep. Thomas Calter	No
Rep. James Cantwell	No
Rep. Mark Cusack	No
Rep. Josh Cutler	No
Rep. David DeCoste	Yes
Rep. Angelo D'Emilia	Yes
Rep. Geoff Diehl	Yes
Rep. Michelle DuBois	No
Rep. William Galvin	No
Rep. Susan Gifford	Yes
Rep. Randy Hunt	Yes
Rep. Louis Kafka	No
Rep. Ronald Mariano	No
Rep. Christopher Markey	No
Rep. Matthew Muratore	Yes
Rep. James Murphy	No
Rep. William Straus	No
Rep. Walter Timilty	No

ALSO UP ON BEACON HILL

BAN SEXUAL ORIENTATION CONVERSION THERAPY (H 97) - A bill that would prohibit psychiatrists and other mental health professionals from providing conversion therapy to lesbian, gay, bisexual or transgender

minors under 18, designed to change their sexual orientation or gender identity, took a step forward when it advanced from committee to the House calendar where it could be taken up any day.

Supporters of the ban say being gay, bisexual or transgender is not a disease and therefore does not need a cure. They argue this type of "junk therapy" is very destructive and argue there is no sound evidence that it ever works.

Opponents of the ban say the treatment has been successful for children whose sexuality was influenced by sexual abuse. They note that the conversion therapy should not be used on any patient who believes that he or she is simply born with a specific sexual preference.

ELIMINATE DRIVER'S LICENSE SUSPENSION (S 2094) - The Senate approved a new version of legislation that would repeal a 1989 law which automatically suspends for up to five years the driver's license of anyone convicted of a drug offense even if the offense is unrelated to driving a vehicle. The proposal allows automatic license suspension for anyone convicted of trafficking in illegal drugs, except for marijuana. It also repeals the current law that requires offenders to pay a \$500 fee to get their license back.

Supporters said current law is counterproductive because it prevents many offenders from having the mobility to find and/or retain a job, drive their children to school, travel to a doctor and do many other things necessary to help them rebuild their lives.

The House has approved a different version of the bill. The Senate version now goes to the House for consideration.

JUDICIARY COMMITTEE HEARING - The Judiciary Committee held a hearing on dozens of bills including:

LEGALIZE RECREATIONAL MARIJUANA (H 1561) - Legalizing, licensing, regulating and taxing marijuana and allowing adults over 21 to grow it for their personal use and the use by others over 21. The measure is similar to a possible 2016 ballot question legalizing all marijuana use.

SOCIAL CARD GAMES (H 1152) - Legalizes "social card games." These games are small, private games in which the winnings of a player do not exceed \$50; players cannot invest more than \$10 in the game; and all winnings are distributed to the players at the end of the game. Games include poker, pinochle, bridge, rummy, canasta and hearts.

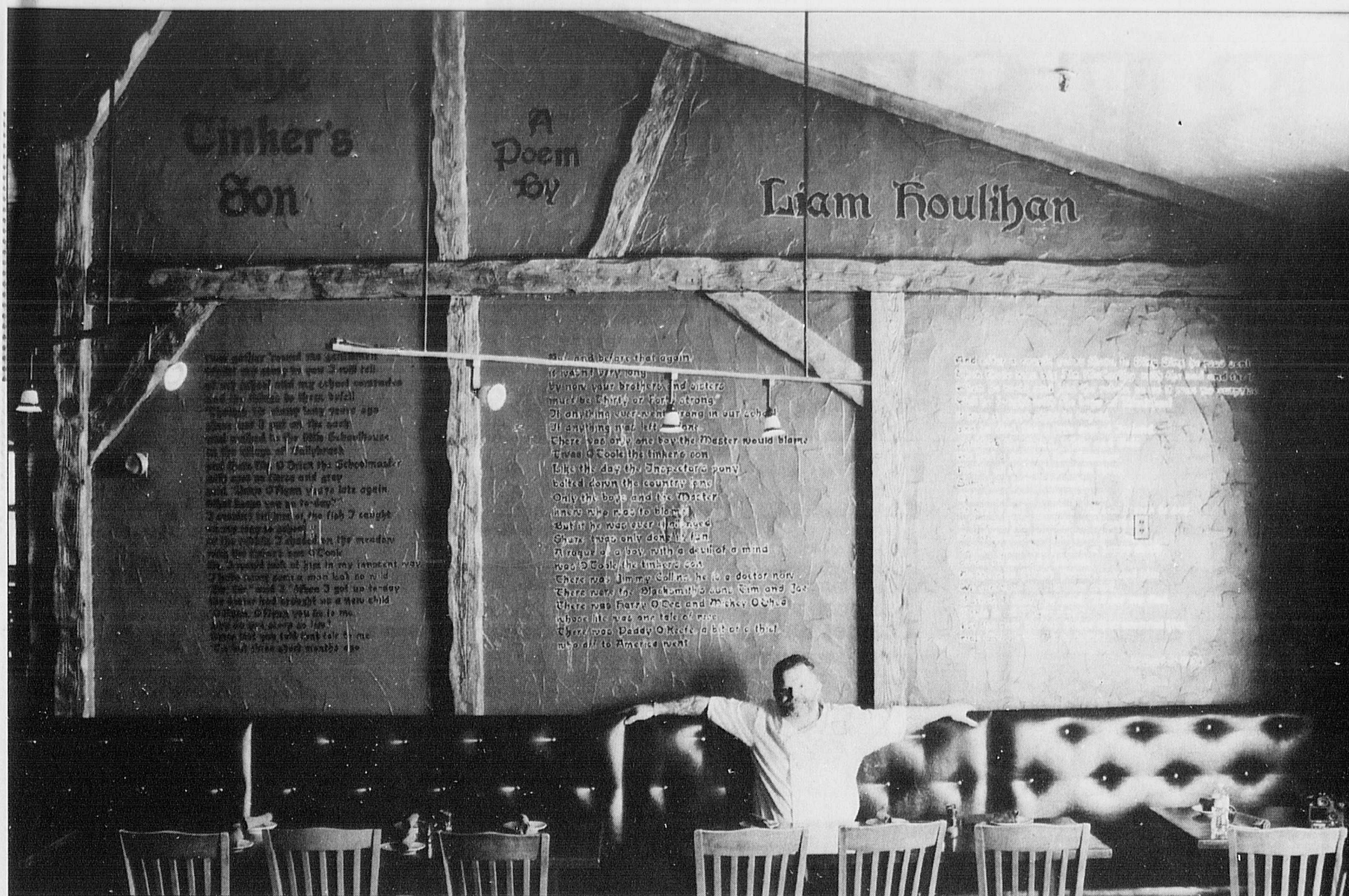
Supporters said the measure was filed in response to a group of seniors at the Cameron Senior Center in Westford who were told by the director that their small card games for a few dollars were technically illegal gambling. They said it is illogical and unfair that current law actually bars these harmless games.

HELP FAMILIES OF MURDER VICTIMS (S 951) - Creates the Murder Victims Families Assistance Fund to provide aid to immediate families of murder victims. It would be funded by voluntary contributions from publishers, authors and movie or television studios that create books, movies or television shows based on murders committed in the Bay State.

"BILL OF RIGHTS" FOR VICTIMS OF SEXUAL ASSAULT (H 1278) - Establishes a bill of rights for sexual assault victims. The proposal creates a system to track and secure the safety of rape kits that are used to collect and store physical evidence in sexual assault cases. Other provisions give the victim access to the results from the rape kit and obligate authorities to inform victims of their rights including the right to be accompanied by a victim's advocate or sexual assault counselor during the administration of the rape kit.

During the week of January 11-15, the House met for a total of eight hours and 26 minutes while the Senate met for a total of 39 minutes.

DISHING IT OUT



Brian Houlihan, chef and owner of Bia Bistro in Cohasset, The Tinker's Son in Norwell, and Galley Kitchen & Bar in Scituate. WICKED LOCAL STAFF PHOTOS / CHRIS BERNSTEIN

A taste of Ireland at The Tinker's Son

Traditional Irish pub in Norwell focuses on food, entertainment

We're Dishing it Out this week at The Tinker's Son. Located in Norwell, this traditional Irish pub offers a menu full of belly-warming comfort food recipes straight from the Emerald Isle, including fish and chips, traditional lamb shank Irish stew and the always popular bangers and mash. After dinner or weekend brunch, grab a pint and head into the main dining room to catch a set with one of your favorite local musicians. We sat down with chef and owner Brian Houlihan who told us every dish at The Tinker's Son is cooked from scratch to combine fresh, local flavors with traditional Irish fare.

Name and position:
Brian Houlihan, owner and chef.

When did you open The Tinker's Son and why?
We opened up about six years ago. Being down on the South Shore and being that I'm Irish, I wanted to bring some real Irish heritage to the area. It's a place where you can come with the boys or the wife and get some good entertainment and we have a very family-friendly atmosphere as well. I also own Bia Bistro in Cohasset and Galley Kitchen & Bar in Scituate.

What's the philosophy behind The Tinker's Son?
I'm a chef by trade, and I believe in good quality food. Although it's a pub and has that pub feel, the food is all made from scratch and we don't take any corners—that's the case in all three of our restaurants.

How did you come up with the name for the restaurant?
The Tinker's Son was a poem my dad wrote in 1952, so it's paying homage to him. It's a story about the son of a tinker—a gypsy traveler—and how you shouldn't judge a book by the cover. In the poem everybody thought because this guy was the son of a tinker that he was no good, but he ends up becoming a parish priest. I thought it was a nice homage because back in Ireland everyone always gets up and sings and dances, but he never did. He would always recite this poem.



Janine Tardiff, a bartender for 5 years at The Tinker's Son, enjoys Wednesday night above all, with the friendly crowd and the live music of the Aldous Collins Band.



Braised Lamb shank with root vegetables, cabbage, and thickened with barley, is a favorite at The Tinker's Son.

How would you describe the food at The Tinker's Son?
It's Irish cuisine. It's all homemade from scratch in the traditional style, but with a new gourmet twist.

What are the most popular dishes?
Shepherd's pie, fish and chips and Irish lamb stew. People misconstrue Irish stew as the thicker beef stew that's popular here in America, when traditionally it's much lighter. In Ireland it's braised lamb neck or chop — here we use the shank on the bone — with root vegetables, cabbage, barley and parsnips served in a light beer and wine broth.

What kinds of beer do you have on tap?
We have 20 beers on tap, including Guinness of course, and we have eight rotating beer taps where we will have seasonal and craft brew selections.

Do you serve locally sourced food?
We like to work with Norwell Farms and Holly Hill Farm in Cohasset for in-season vegetables and produce. All the fish we serve that you can catch locally—scallops, skate, haddock, cod, etc.—is from Mullaney's Fish Market in Scituate. We put a lot of emphasis on sustainability, whether it's where we source our fish and produce or using recycled, compostable to-go containers and donating kitchen scraps to feed to pigs on local farms. We try to be as green as possible and support local businesses and tradesmen as often as possible.

Do you offer specials?
We have specials every night, ranging from appetizers to entrees to a special soup of the day. We also offer loyalty cards that customers can use at all three restaurants. For every \$100 spent, customers get \$5 back. Just ask your server for yours next time you come in.

See food online!

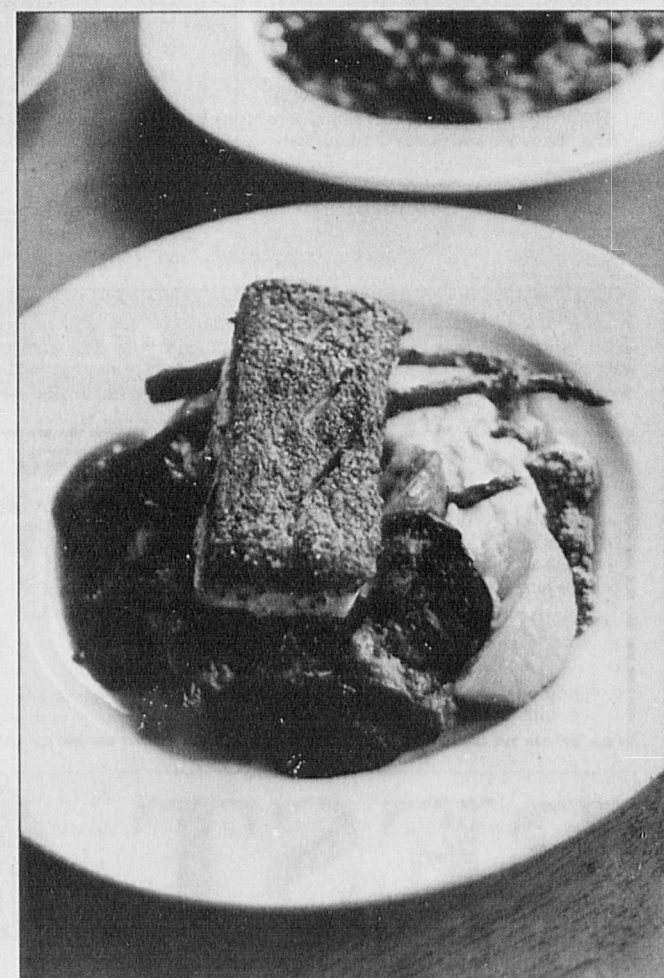
Check out the video of Tinker's Son chef and owner Brian Houlihan talking up the Norwell pub's hearty fare including homemade recipes straight from Ireland. Come in for the comfort food and stay for the outstanding live music by local performers. You can watch the Dishing it Out video on the homepage of your Wicked Local website.

Do you serve vegan, vegetarian or gluten-free options?
Yes, customers just have to ask. We always have a trained chef in the kitchen and take care of all our customers.

Do you offer live music or entertainment?
We have live music six nights a week, featuring four different residencies throughout the year and youth bands in the summer. Check our website for an up-to-date calendar.



Elaine Cummings, a native of Cork City, Ireland, is the manager and muralist of The Tinker's Son.



Pan roasted Salmon with colcannon and grilled vegetables served at The Tinker's Son, 707 Main St, Norwell.

About The Tinker's Son:
Located at 707 Main St. in Norwell, The Tinker's Son is open daily and serves brunch from 10 a.m. to 2 p.m. on Saturdays and Sundays, lunch weekdays from 11 a.m. to 3 p.m., dinner daily from 3 to 10 p.m., and a late-night menu

most nights from 10 p.m. to midnight. With its outdoor patio in the summertime, The Tinker's Son can seat up to 150 patrons. Entrees are priced at \$10 to \$20. Take out is available. For menus and more information call 781-561-7361 or visit the website thetinkersson.com.

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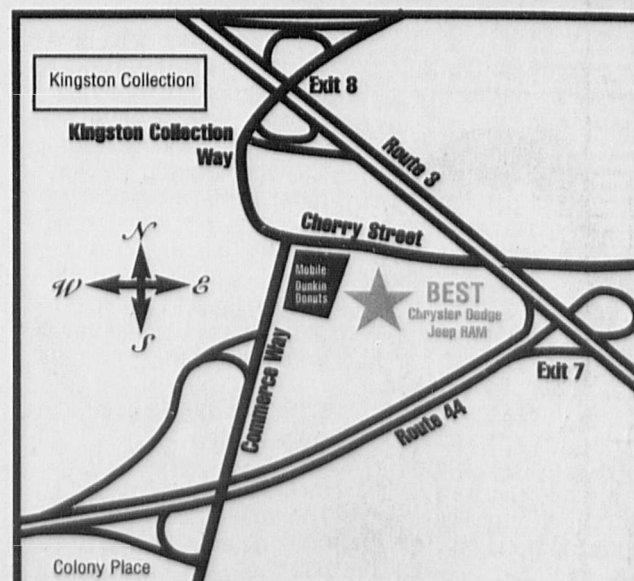
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SPORTS

MORE INSIDE

■ Police/Fire Log, B6
■ Obituaries, B6
■ Healthy Living, B9-B11

■ How We Helped, B13
■ Horoscopes, B14
■ Calendar, B15

QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com.

SPORTS NOTES

Send Your Stuff

William Wassersug is the Sports Editor for the Cohasset Mariner. Please send your story ideas, stories and photos to wwassersug@wickedlocal.com and follow him on Twitter @scifisportsguy

YOUTH BASEBALL

CYBSA registration

Spring is around the corner, and Cohasset Youth Baseball and Softball Association's online Registration for the 2016 season is now open through March 1.

The registration process is available by visiting www.CYBSA.net

Late fees of \$50 will be applied beginning March 1 and registration will close on March 25, 2016.

Cooperation in registering players in a timely manner is greatly appreciated as it allows the CYBSA to establish rosters and order equipment and uniforms to be ready for Opening Day.

Please direct questions to Jen Miller at jencoakeymiller@mac.com or 704-609-1267.

GIRLS YOUTH SOCCER

Hot Shots Soccer kicks off Jan. 24

Hot Shots Soccer, an innovative and fun program for girls is ready to kick off the 2016 season, Jan. 24.

The program for girls uses puppets, parachutes, pillow fights and other imaginative, kid-friendly activities in a non-competitive, fun, supportive environment to develop soccer skills and self-esteem in preschool through fifth-grade girls (ages 2-10). Hot Shots also encourages reading, offering the girls a choice of hundreds of books each week. The girls take four home each week for reading with their parents.

Hot Shots, which runs on nine Sundays from Jan. 24-Mar. 20, is based in Marshfield but is open to girls from all South Shore communities.

The 2016 season begins Sunday, Jan. 24, and there are plenty of openings in all the sessions. The sessions are: 9 a.m., 10 a.m., and 11 a.m. for ages 2 to 6 plus an advanced skills session at noon for grades 1-5.

The sessions are held at the Furnace Brook Middle School gym in Marshfield. The fee is \$95 and includes a T-shirt and medal.

Registration forms and more information are available on the Hot Shots website (www.hotshotsoccer.org).

For more information, call John Wilpers (617-688-0137-cell), writehotshotsoccer@aol.com or go to www.hotshotsoccer.org.

SEE NOTES, B2

SKIING

Kicking off season

Ski team opens with meets at Ragged Mountain and Blue Hills

The Cohasset Mariner

The Cohasset Varsity Ski team kicked off the season on Saturday January 9 with a two run combined Giant Slalom race at Ragged Mountain in New Hampshire.

Skiing for the Cohasset girls

was returning junior and captain Sophie Matthews, who placed in the top 20.

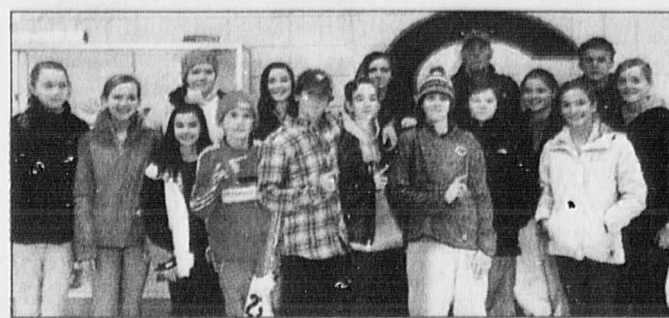
Skiing for the boys was returning junior and captain, Fisher Hunnewell, and junior Will DiCroce. The team was also happy to have Zander Arnold, a sophomore, in his first race for the team and who had an excellent start, finishing in the top 10.

On the following Wednesday, Cohasset fielded one of the biggest ski teams ever for

a Giant Slalom, two-run combined, at Blue Hill.

Skiing for the Cohasset boys, Zander Arnold placed in the top 20 overall. Also contributing to the boy's team results were Fisher Hunnewell, Will DiCroce, freshmen Nate and Henry Thomas, and eighth graders Ned Farrington and Sam Kefallinos.

Racing for the girls was Sophie Matthews and joining her were first time freshman racers Eleanor Dunn and



The Cohasset ski team takes a moment for a photo. The team opened its season Jan. 9 with a meet at Ragged Mountain. COURTESY PHOTO

Sophie Swartwood, and eighth graders Emily Appleton, Audrey Boyle, Lily Hoehn and Hannah Matthey.

Coach Jack Dane is thrilled to have so many racers taking part and was especially pleased with results for the

first timers.

"The first time racers are very enthusiastic and, as they gain more experience, I expect them to contribute even more to overall team performance," he said. "This should be a really fun season for the team."

GIRLS BASKETBALL



Cohasset's Tracy Fogarty battles for the loose ball during a 40-26 win over East Bridgewater Jan. 15 at Cohasset High School.

Defense leading way

Young team winning with defense

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset girls basketball team still has work to do this season, but is definitely headed in the

right direction - toward the MIAA Tournament.

With a 54-34 win over Randolph, Tuesday Jan. 19, the Skippers improved to 9-4, on the verge of qualifying.

In the Randolph win, Cohasset got 12 points from Elle Hansen to lead

SEE GIRLS BB, B3



Cohasset's MC Crumley brings down a big rebound against East Bridgewater. WICKED LOCAL PHOTOS / WILLIAM WASSERSUG

GIRLS HOCKEY

Stopped short

Icewomen handed first loss

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset/Hanover girls hockey team found itself in a position it wasn't used to this season in a game against Oliver Ames/Mansfield, Wednesday January 20 - trailing early in what turned into a 4-3 loss at Randolph's Zapustas Arena.

"The game with Oliver Ames/Mansfield was our first loss of the season," Cohasset/Hanover coach Deb Beal said. "Our biggest obstacle this afternoon was that we weren't prepared mentally for what we faced in the first five minutes of the game. Oliver Ames/

SEE GIRLS H, B3



Cohasset/Hanover goalie, Shea Kearney, makes a save against Quincy/North Quincy at Zapustas Arena, in Randolph, in a battle of top co-op programs, Wednesday, Jan. 13. The teams tied 0-0. Both goalies turned in fantastic performances. WICKED LOCAL PHOTO / GARY HIGGINS

BOYS HOCKEY

Fighting through

Iceemen struggle in tough losses

By William Wassersug
wwassersug@wickedlocal.com

Call it a heartbreaker, a nail biter or one of the more exciting games of the hockey season. Any one of those descriptions are accurate to sum up the January 16 showdown between Cohasset and Norwell that came down to the final seconds in a 2-1 Clipper win.

In the battle of what had been South Shore League unbeaten, a Norwell goal

by Jack Ward on a deflection from Alex Ferguson with 37 seconds left in the game gave Norwell a 2-1 lead and the eventual win.

Senior Kyle O'Brien scored the Skippers lone goal with assists from juniors Jimmy Farren and Brad Winn.

Senior goaltender Liam McHugh was stellar in the effort.

Norwell took a 1-0 lead near the end of the second period, but the Skippers continued to fight and O'Brien tied it 1-1 in the third.

SEE BOYS H, B2



Cohasset's Kyle O'Brien races Norwell's Chris Bickford to the puck Jan. 16 at Weymouth's Connell Rink. WICKED LOCAL PHOTO / WILLIAM WASSERSUG



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SPORTS ROUNDUP

Boys basketball, wrestling struggle

By William Wassersug
wassersug@wickedlocal.com

The Cohasset boys basketball team has hit a bit of a bump in the road the past couple of games and heads into the second half of the season with a 5-5 record.

Most recently, the Skippers, who have been slowed by injury, lost a close one to an undefeated Randolph team 55-49, Tuesday January 19.

In the loss, Cohasset led 37-32 heading into the fourth quarter, but couldn't hold on despite big scoring efforts from Chase Bomeisler (20 points) and

Alex Norton (16 points).

One game earlier, Cohasset was outgunned by East Bridgewater, 55-39, Jan. 16 at East Bridgewater.

The game was close early, with the Vikings leading 14-12 after one quarter.

East Bridgewater opened the second quarter with a 6-0 run and took a 29-21 lead into the half.

The boys hope to get back in the win column when they host Hull Friday, Jan. 22 at 6:30 p.m. The Skippers then host Carver, hoping to avenge a loss at the beginning of the season. Thursday, January

28 the Skippers host Mashpee at 6:30 p.m. and head to Norwell, Feb. 2.

Wrestling

On the wrestling mat, the Skippers have also struggled in the win column recently.

Wednesday, Jan. 20, a powerful Hanover team beat Cohasset to drop the team to 4-8. Before that, the Skippers lost to Duxbury and Scituate, while beating Bristol-Aggie in a quad, Jan. 17.

Cohasset will be at a quad at Dighton-Rehoboth Saturday Jan. 23 at 10 a.m. and are at Randolph Jan. 27 at 7 p.m.



Cohasset's Kyle Ferreira goes after the puck against the boards, Jan. 16 against Norwell. WICKED LOCAL PHOTOS / WILLIAM WASSERSUG

BOYS H

From Page B1

Even after Norwell took the late lead, Cohasset fought on and almost had it tied when junior Michael Cohen hit the crossbar with 12 seconds to play.

"The ending was unfortunate, but the team played with tremendous heart all night," Cohasset coach Phil Mahoney said. "Norwell is the top team in the league and I think that we outplayed them for great stretches. I was very proud of how everyone stepped up tonight."

Norwell coach Jim Casagrande was impressed with the Skippers play.

"Cohasset works hard in the offensive end," he said.

The Skippers looked to rebound Monday, Jan. 18 with a game against non-league neighbor Scituate, a team that had been struggling early in the season, but have been on the upswing in its more recent games.

Unfortunately for Cohasset, Scituate played one of its best games so far and came away with a 4-1 win that dropped Cohasset's record to 5-5 (4-1 SSL).

After taking a 1-0 lead midway through the second period, the Skippers squandered the advantage as the Sailors responded with four unanswered goals.

Sophomore Kyle Ferreira scored for Cohasset with junior Thomas Durkin assisting on the tally.

Mahoney felt his team could have won the game.

"We had a very strong first period and dominated play," he said. "In the second and third, I thought that we were inconsistent



Cohasset's Kyle O'Brien and Brad Winn celebrate a goal against Norwell Jan. 16.

and sloppy at times. Positional mistakes cost us dearly and let a competitive game get out of hand."

Mahoney said his team has room for improvement as the season continues.

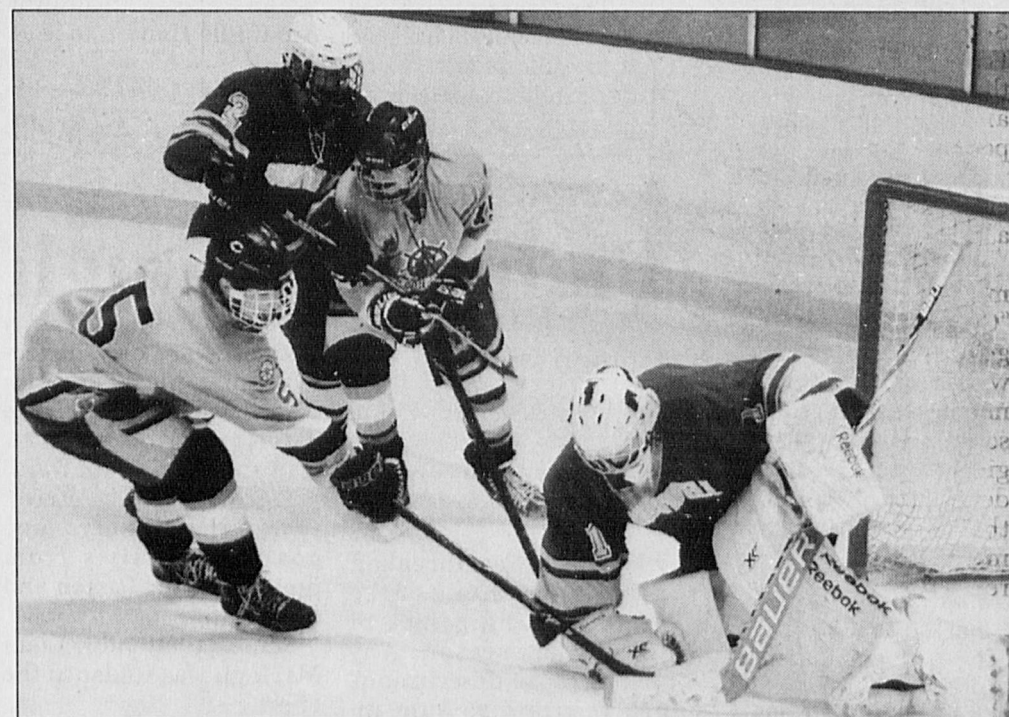
"As we approach the midpoint of the season and stand at 4-1 in the league and 5-5 overall, I am seeing much more positive than negative, but it needs to be brought together on a more consistent basis," he said. "When we play sound positional hockey and bring the proper attitude and effort, we can skate with anyone. The challenge is to show that in

every game. We have all of the pieces in place and are poised for a strong second half push."

The Skippers are back in action Saturday Jan. 23 against Rockland with an 8 p.m. faceoff at Connell Rink.

They'll follow that with a shot to even the score with Scituate, Wednesday Jan. 27 at Hobomock Arena in Pembroke at 6:10 p.m. Saturday Jan. 30 is another home game against East Bridgewater at 8 p.m.

Cohasset will have a chance to get back at Norwell, Wednesday Feb. 10 at 6:20 p.m. at The Bog.



Cohasset's Kyle Ferreira tries to poke the puck past Norwell goalie Sean McGowan, teammate Matt Legge helps out Jan. 19.



Cohasset's Michael Cohen lays himself out for the puck against Norwell's Joe Trebino.

NOTES

From Page B1

BOOK SIGNING

Meet Troy Brown

Patriots fans will have the opportunity to meet former Patriots wide receiver and three-time Super Bowl champion Troy Brown at two book signings he will conduct on Monday, January 25 in Acton and Tuesday, January 26 at 7 p.m. at Barnes & Noble on Derby Street in Hingham.

Brown and co-author Mike Reiss will be signing copies of his new book *Patriot Pride: My Life in the New England Dynasty*.

Spotlighting a New England sports icon, *Patriot Pride: My Life in the New England Dynasty* chronicles the extraordinary life and career of Troy Brown, the talented athlete who played 15 seasons with the New England Patriots.

In his own words, Brown demonstrates how his grit, hustle, and hard work endeared him to a generation of football fans. The player explores his own past, relating how he made it through college and into the pros despite people giving up on him several times. Brown's years with the Patriots are documented in detail, covering what it was like to play for Coach Belichick, why Tom

Brady has been so successful, and the secrets behind the Patriots' three Super Bowl wins.

About the Authors:

Troy Brown played for the New England Patriots for 15 seasons and was inducted into the Patriots Hall of Fame in 2012. He currently works for Comcast SportsNet New England.

Mike Reiss is a reporter for ESPN who has covered the Patriots since 1997. His work appears on various ESPN platforms, including ESPN.com, SportsCenter, and ESPN Radio.

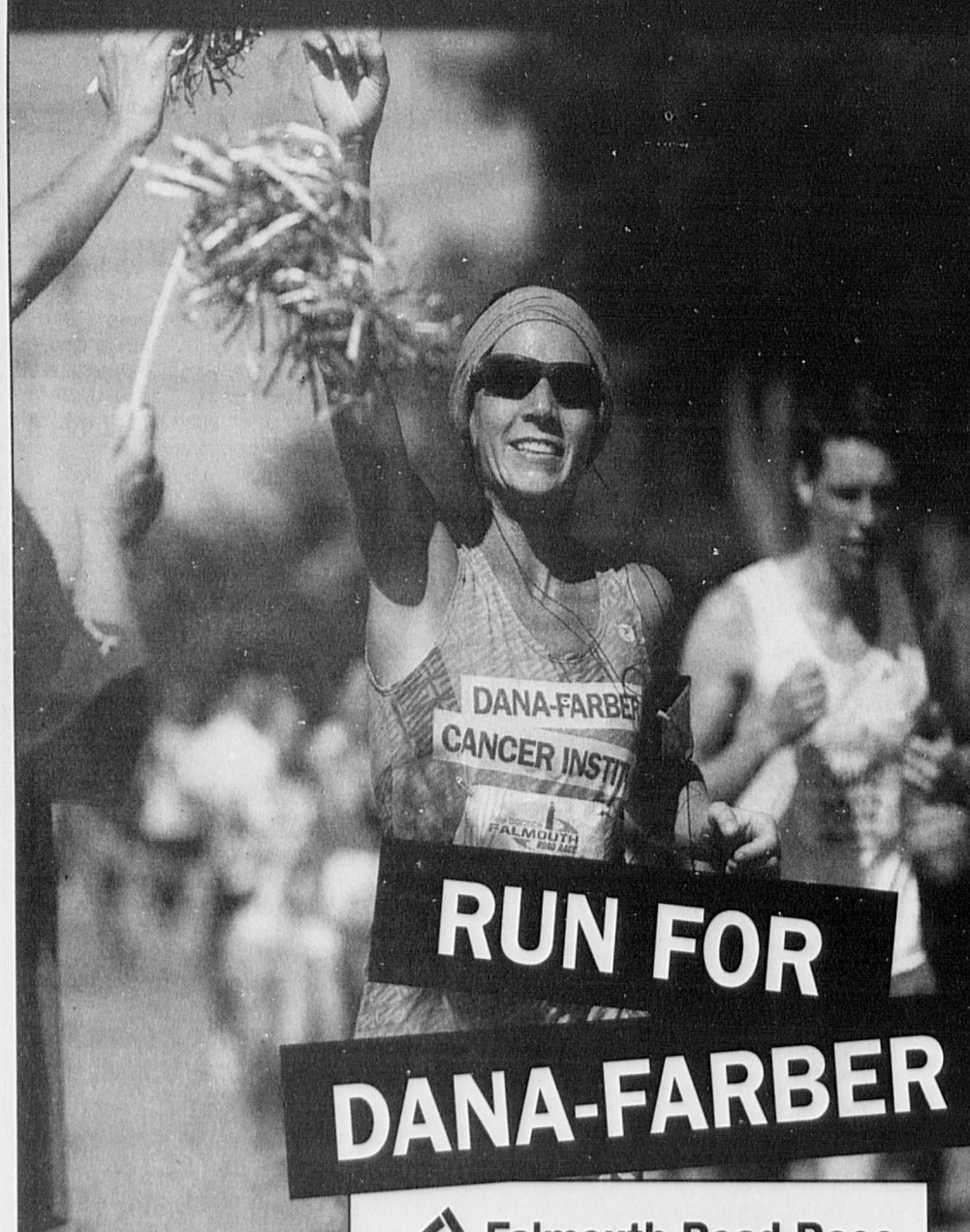
More information on *Patriot Pride: My Life in the New England Dynasty* can be found at www.triumph-books.com/PatriotPride

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GIRLS BB

From Page B1

the way.

Looking at the number, one thing that the team relies on is defense. Holding teams in the 30's has been a regular feat.

The defense was on display one game earlier when the girls beat East Bridgewater 40-26, Friday Jan. 16.

"They play hard," Cohasset coach John LeVangie said after the East Bridgewater win. "They play really good defense. The defense has been pretty steady all year. The offense still needs some work. We've got a very aggressive young team. They play very hard."

Against East Bridgewater, the game was tied 13-13 at the half and was still tight late in the third quarter when Meg Rosano hit a huge three-pointer with 1:30 left to take a 24-17 lead. She hit another with seven seconds left in the third to give Cohasset a 28-21 lead.

Rosano finished the game with nine points, all on three-pointers in the second half.

Hansen and Emily Rosano each chipped

in eight points and Zoe Doherty added six.

Defensively, Tracy Fogarty had a strong game.

"Tracy Fogarty played well," LeVangie said. "Zoe Doherty played well. Our senior captains (Meg and Emily Rosano) were strong."

After the East Bridgewater game, LeVangie said the tournament was a goal.

"We're hoping to make the tournament," he said. "We're in good position. The games we've lost have been to very good teams."

As far as the offense goes, a 13-34 shooting night was an example of some struggles.

"We're a young team," LeVangie said of his team that has just two seniors and one junior. "Sometimes we can be a little too up and down, but the nights they're off they still know how to win."

As important as anything else, the team is enjoying the season and success.

"We're having fun," LeVangie said.

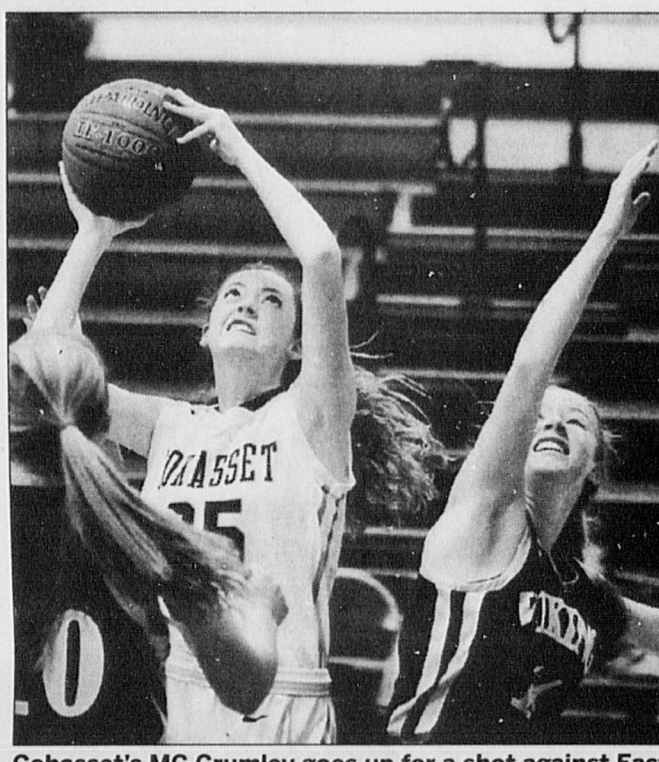
The girls are at Hull Friday Jan. 22 at 6:30 p.m. and follow with a road trip to Carver Tuesday Jan. 26. Thursday Jan. 28 the girls will host Mashpee at 6:30 p.m..



East Bridgewater's Katie Smith battles Cohasset's Meg Rosano Jan. 15 at Cohasset. WICKED LOCAL PHOTOS / WILLIAM WASSERSUG



Cohasset's Zoe Doherty defends during the Skippers' 40-26 win over East Bridgewater Jan. 15 at Cohasset High School.



Cohasset's MC Crumley goes up for a shot against East Bridgewater.

GIRLS H

From Page B1

Mansfield (6-5-2) was very quick and came out flying. We needed that extra few minutes to adjust and by the time that happened we were already digging out of a hole."

'Hanover/Cohasset fell behind quickly.

"Before we knew it it was 3-0," Beal said. "Morgan Foley (Hanover) got us on the board but OA answered and we began the third period down 4-1."

The girls didn't quit however, and gave the Warriors a battle.

"Our third period was our most productive," Beal said. "Callie Hoadley found the goal twice bringing us to within one goal with two minutes remaining. We were so pleased with the way the girls responded from the deficit and impressed with their effort and commitment. It would have been really easy to quit fighting.



Quincy/North Quincy's Savannah Flynn tries to get to the puck before Cohasset/Hanover's Karly Bowen Wednesday, Jan 13.

Now we have the weekend off and some time to regroup and get set for the second half of the season."

The girls head into the second half with a 6-1-2 record and are in action Wednesday Jan. 27 against Stoughton at Zapustas at 3:30 p.m. They follow with an always exciting game against Scituate Saturday Jan. 30 at 8:30 p.m. at

Hobomock Arena.

For the girls, Sam Taylor is the current scoring leader with 14 points (5 goals, 9 assists), with Callie Hoadley right behind with 10 goals and 3 assists for 13 points, and Alex Martini also has 13 points with 6 goals and 7 assists.

Shea Kearney has led the way in the net with a 1.05 goals against average.



Quincy/North Quincy's Savannah Flynn and Cohasset/Hanover's Karly Bowen battle for the puck, Wednesday, Jan. 13. The team played to a 0-0 tie with both goalies playing amazing games. WICKED LOCAL PHOTOS / GARY HIGGINS

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Wicked Local Favorites



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MEMA

Tips on how to build an emergency kit beforehand

During Emergency Preparedness Month, the Massachusetts Emergency Management Agency continues to highlight the importance of building an emergency kit.

While some items, such as bottled water, food, a flashlight, radio and extra batteries, first aid kit, sanitation items and clothing should be in everyone's kit, it is important to customize kits to meet one's unique needs and those of the family. Consider adding medications, extra eyeglasses, contact lenses, dentures, extra batteries for hearing aids, medical equipment, oxygen tanks, children's items, food and supplies for pets and service animals, and any other items that might be needed during a disaster.

When building your emergency kit, MEMA recommends using the

following list:

- Bottled water (1 gallon per person/per day for three days).
- Canned goods and nonperishable foods, particularly those that do not need cooking.
- Manual can opener.
- Radio (battery-powered or hand crank), NOAA Weather Radio and extra batteries.
- Flashlight or lantern, with extra batteries. (Candles are discouraged, as they present a potential danger.)
- First aid kit.
- Diapers, wipes, baby food, formula, if needed.
- Pet food, supplies, tag, crates, if needed.
- Prescription medications (two-week supply).
- Extra pair of eyeglasses, contact lenses, and dentures.
- Extra batteries for hearing aids, wheelchairs or other medical equipment.

While some items, such as bottled water, food, a flashlight, radio and extra batteries, first aid kit, sanitation items and clothing should be in everyone's kit, it is important to customize kits to meet one's unique needs and those of the family.

- Medical oxygen tanks, if needed.
- Whistle to signal for help.
- Moist towelettes, garbage bags, soap, sanitizer and other personal hygiene items.
- Wrench or pliers to turn off utilities.
- Watch or battery operated clock.
- Copies of important documents and IDs.
- Cell phone and charger (also an auto, solar, or crank charger in case power is out).
- Cash.
- Water purification tablets and household chlorine bleach.
- Camp stove or grill (outdoor use only) with fuel or Sterno and waterproof

- matches or lighter.
 - Change of clothes and sturdy shoes.
 - Sleeping bags or blankets.
 - Disposable plates, cups and utensils.
 - Seasonal items such as warm clothes, hat and gloves for winter, and sunscreen for summer.
 - Books, games, puzzles and other comfort items.
 - Duct tape.
 - Plastic sheeting or tarp.
- Check a kit at least annually, for any food, water, batteries, or other items that may need to be replaced or have expired.
- Consider also building a mobile "go-bag" version of an emergency kit to take in

case one needs to evacuate to a shelter or other location. When building a go-bag, remember to include pet supplies, such as collars and leashes, a three-to-five-day supply of food and water, bowls, litter boxes, and a week's supply of medications that a pet may be taking, including instructions (in case an owner and pet are separated), as well as copies of a pet's vaccinations, medical records and prescriptions in a clean plastic bag or waterproof container.

— For more information about MEMA and Emergency Preparedness, go to www.mass.gov/mema.

DON'T MISS THIS

About Town Hall dropbox

1 The Dropbox provides free 24/7 drop off for Town Hall payments and correspondence as a convenience for residents

2 It does NOT provide proof of delivery, particularly for Assessing applications.

3 If you need to meet a deadline, go to the appropriate department and get a date/time stamp as proof of delivery.

4 On days Town Hall is open, last pickup is 3 p.m., Friday 12 p.m. Items are sorted and delivered to Town Hall departments on the same day.



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Ballot Board

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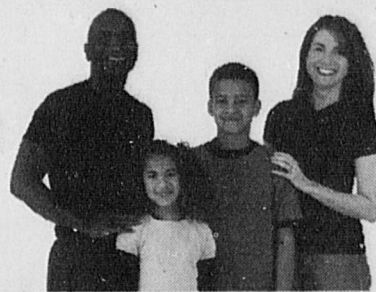
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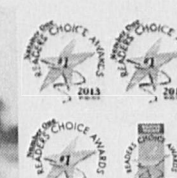
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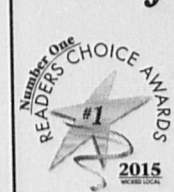
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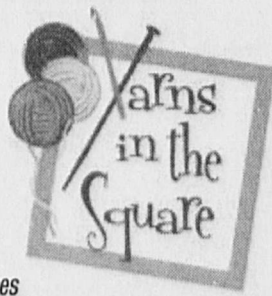
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FIVE third prize winners will each receive a **Gift Certificate** to a local restaurant or entertainment event/venue.

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Vote locally. Write in your choice of the **BEST** in your area for the categories below or vote online at wickedlocalfavorites.com. In order to be eligible, each vote must include the town where your choice is located. For businesses with more than one location, please indicate the address of your #1 choice. **You must vote in at least 10 categories for your votes to be counted.**

Ballots must be received by Wednesday, February 10, 2016 at 5 p.m. The ballots will be entered and tabulated by an independent data processing firm. Results will be published in a special section inserted into your newspaper the week of June 20th and will be available online at wickedlocalfavorites.com.



Wicked Local Favorites



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Business/Place Name

Town

Local Shopping

- 1 Men's Clothing Store _____
- 2 Women's Clothing Store _____
- 3 Children's Clothing _____
- 4 Optical Shop _____
- 5 Shoe Store _____
- 6 Bookstore _____
- 7 Photography _____
- 8 Gift Shop _____
- 9 Jewelry Store _____
- 10 Florist _____
- 11 Sporting Goods Store _____
- 12 Toy Store _____
- 13 Pet Services _____
- 14 Liquor Store _____
- 15 Furniture Store _____
- 16 Carpet/Flooring Store _____
- 17 Appliance Store _____
- 18 Home Decorating Store _____
- 19 Hardware/Home Improvement Store _____
- 20 Garden Store/Nursery _____
- 21 Consignment Shop _____

Local Services

- 22 Accountant/Financial Planner _____
- 23 Maid/House Cleaning Service _____
- 24 Landscaper _____
- 25 Attorney/Lawyer _____
- 26 Veterinarian/Animal Hospital _____
- 27 Martial Arts _____
- 28 Hair Salon _____
- 29 Day Spa or Massage _____
- 30 Manicure/Pedicure _____
- 31 Tanning Salon _____
- 32 Health Club/Yoga Studio _____
- 33 Weight Loss Center _____
- 34 Assisted Living _____
- 35 Doctor/Primary Care Physician or Pediatrician _____
- 36 Dentist or Dental Office _____
- 37 Chiropractor _____
- 38 Daycare/Preschool _____
- 39 Dry Cleaner/Tailor _____
- 40 Auto Service/Repair _____

Reminder: You MUST include the TOWNS where your choices are located!

*Readers Choice is a reader preference poll. This promotional program is not intended to be, nor is it represented as, statistically valid.

Business/Place Name

Town

- 41 Community Bank _____
- 42 Insurance Agency _____
- 43 Dance School _____
- 44 Gymnastics School _____
- 45 Retirement Living Residence _____

Local Flavor

- 46 Restaurant For Breakfast _____
- 47 Restaurant For Lunch _____
- 48 Restaurant For Dinner _____
- 49 Fine Dining Restaurant _____
- 50 Italian Restaurant _____
- 51 Pizza Place _____
- 52 Thai Restaurant _____
- 53 Mexican Restaurant _____
- 54 Family Friendly Restaurant _____
- 55 Seafood Restaurant _____
- 56 Chinese Restaurant _____
- 57 Sushi Restaurant _____
- 58 Takeout Restaurant _____
- 59 Steak House _____
- 60 Bakery _____
- 61 Coffee Shop _____
- 62 Ice Cream Shop _____
- 63 Butcher Shop/Deli _____
- 64 Fish Market _____
- 65 Bar _____
- 66 Caterer _____

Regional Favorites

- 67 Hospital _____
- 68 Wedding Venue _____
- 69 Beach _____
- 70 Golf Course _____
- 71 Museum _____
- 72 Place To See Theatre _____
- 73 Place For Family Entertainment _____
- 74 Summer Camp _____
- 75 Mall _____
- 76 Discount Store _____
- 77 Supermarket _____
- 78 Car Dealership _____
- 79 Tree Services _____
- 80 Home Delivery Oil Company _____

NAME _____

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STATE _____

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GUIDELINES (1) No purchase necessary. One entry per person. Must be a resident of Massachusetts. (2) Use original ballot or online ballot only. No reproductions will be accepted. (3) No ballot will be counted without name, address and phone number. (4) All results are final. (5) At least 10 choices must be written in for votes to be counted. (6) All contest winners drawn at random. No exchanges for prizes permitted. Game dates will be selected by GateHouse Media New England. (7) You must be at least 18 years of age to enter. Winners will be notified by phone, mail or email. (8) Any taxes are the responsibility of the winner. (9) Winners free GateHouse Media New England, its agents, affiliates and assigns from any and all liability whatsoever including personal injury, property damage or financial loss incurred while using the Readers Choice Prizes. (10) Each winner gives GateHouse Media New England, permission to publish his/her name, town and likeness with regard to the outcome of this drawing. (11) Employees of GateHouse Media New England, Automated Solutions Direct Inc. and their immediate families are not eligible for prizes. (12) Entries become the property of GateHouse Media New England. Not responsible for lost, late or misdirected mail or email. Void where prohibited by law. (13) Ballots must be received by February 10, 2016.

NWCH133/9972

Mail To: Readers Choice Awards 2016 c/o Automated Solutions Direct Inc., 200 Jefferson Rd Ste 203, Wilmington, MA 01887

COHASSET POLICE/FIRE LOG

The following are excerpts from the Cohasset police/fire log. The log is public record and available for review. All persons are presumed innocent unless found guilty in a court of law.

Monday, Jan. 11

4:51 a.m.: Suspicious activity was reported on Jerusalem Road. Caller reported he woke up to a man on his deck and now he is following him in a vehicle. The caller stated the man said he was delivering papers but was shining a flashlight on the property. The caller also stated that he does not get the paper and the party was on his porch looking into his neighbor's house with the flashlight. The situation was investigated.

6:42 a.m.: Officer on traffic patrol in the area of 166 King St.

7:21 a.m.: Officer on traffic patrol on Red Gate Lane.

7:56 a.m.: A caller reported a vehicle hit a deer and left the area on Forest Avenue. The deer was left on the shoulder and it was still alive. An area search turned up negative.

8:37 a.m.: Fire dept. requests National Grid be notified of a limb on a primary wire on Spring Street.

11:09 a.m.: Landlord-tenant dispute on Black Rock Road.

3:02 p.m.: Party into headquarters about landlord-tenant issue on Black Rock Road.

3:24 p.m.: Wires down at Black Road and Jerusalem roads.

5:14 p.m.: Reporting party

told tenants they must be out by **6 p.m.**

6:20 p.m.: An alarm was reported on Jerusalem Road. The alarm company spoke with a keyholder who was not on the scene. Officer searched and secured the area.

6:23 p.m.: Officer to stand by while party gets medications from Black Rock Road address.

6:40 p.m.: Officer en route back to Black Rock Road address to stand by while property is removed.

10:11 p.m.: Officer on traffic patrol at N. Main Street and Red Gate Lane.

10:23 p.m.: A suspicious vehicle was reported on Chief Justice Cushing Highway near Busting Pool. A caller reported a light colored pick-up truck parked in front of his business for a couple of days. The vehicle was gone upon officer arrival.

Tuesday, Jan. 12

7:00 a.m.: Officer attempting to serve summons at Black Rock Road address.

9:02 a.m.: Transporting prisoner to Quincy District Court.

9:42 a.m.: Fire Dept. mutual aid to Scituate High School for student with a possible broken rib.

2:19 p.m.: Transporting two parties from Black Rock Road address to MBTA station.

10:30 p.m.: Officer makes a motor vehicle stop at Forest Ave. and Old Coach Road.

Vehicle towed by Scituate Collision; operator transported to station to arrange for a ride.

Wednesday, Jan. 13

3:31 a.m.: An alarm was reported on Lamberts Lane. The back door to the men's locker room was left unlocked. No one was in the room. The building was checked and secured.

5:29 a.m.: A kitchen alarm was set off at Feng Sui on Chief Justice Cushing Highway. The building was checked and secured.

6:45 a.m.: Officer on traffic patrol in vicinity of 142 Forest Ave.

10:44 a.m.: A walk-in at the station reported larceny on Pond Street. Party reported a trumpet in a black case was stolen from a classroom.

11:01 a.m.: Tree lying across the whole road, blocking traffic at 300 Forest Ave. DPW on scene; street cleared.

3:20 p.m.: Engine responding to a wires call on Haystack Lane. Comcast wire which is still attached to pole is ripped off a service.

7:39 p.m.: A suspicious vehicle was reported on Gammons Road and Joy Place. A caller reported a dark colored sedan in the area with two or three people inside. An officer was requested to check the area. Caller also reported having seen empty beer cans in the area. Officers checked and secured the area. No vehicles fitting the callers description were found.

Thursday, Jan. 14

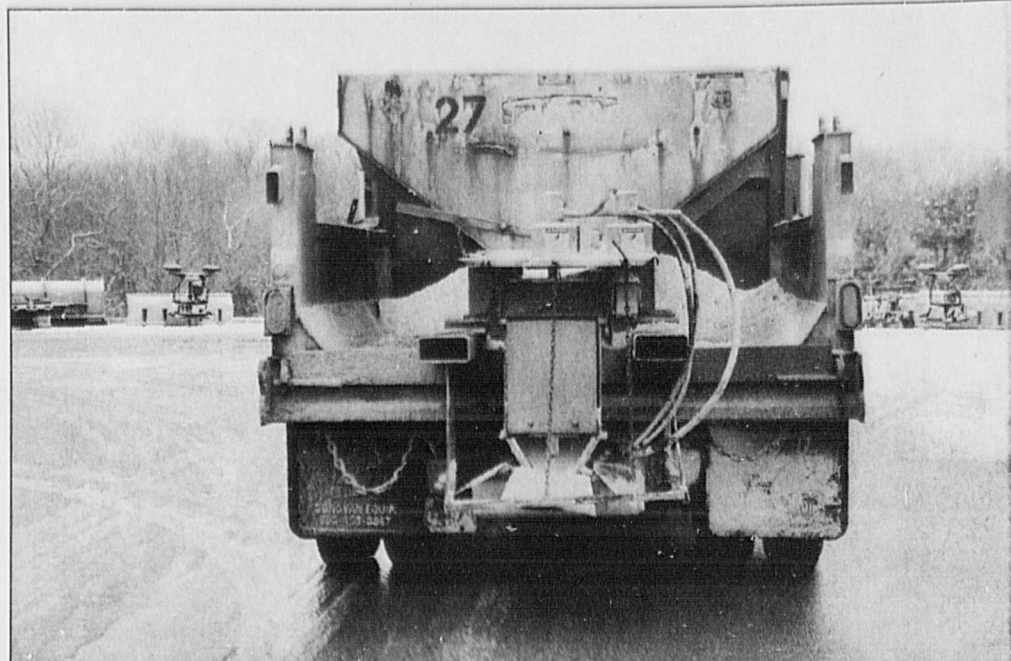
7:10 a.m.: A disturbance was reported on Doane Street. Officers spoke to all involved parties. The issue was already being dealt with on a town level.

10:21 a.m.: Party from Black Rock Road address reports missing items; spoke to officer in lobby.

12:15 p.m.: A caller reported a fuse blown out in their basement on Pleasant Street. Caller was worried they might be in danger. Electricity was restored before officers arrival. Everything checked out.

12:35 p.m.: Vehicle off road at Chief Justice Cushing Highway and Pond Street; ran out of gas. Officer to transport operator to gas station downtown. Operator has friend coming with gas; no transport needed.

2:19 p.m.: Officer stops motor vehicle with expired registration on Chief Justice Cushing Highway and Pond Street. Able to activate



TRAFFIC SAFETY TIP OF THE WEEK: Use extra caution when approaching snowplows or sanding trucks. Stay well behind them. They may make frequent stops and wide turns. Avoid passing them, even on four lanes roads. They can track up snow and spray onto your windshield, making it difficult to see and the sand can damage your paint. Also, the road ahead may not have been treated yet so it's always safer to drive behind them. COURTESY PHOTO

registration on scene; citation issued.

5:43 p.m.: Officer on traffic patrol on North Main Street and Red Gate Lane.

5:51 p.m.: Caller reports crossing gates and lights are malfunctioning on lower King Street.

6:44 p.m.: Officer conducting traffic enforcement on Pleasant Street.

7:50 p.m.: Officer on traffic patrol on N. Main Street and Red Gate Lane.

10:28 p.m.: Officer on traffic patrol on N. Main Street and Red Gate Lane.

Friday, Jan. 15

6:34 a.m.: Officer on traffic patrol at King and Pond streets.

7:37 a.m.: Caller reports daughter broken down in a white Hyundai near 164 Pond St. Car is partially in roadway. Tow company cancelled; mechanic showed up and was able to free up the tire.

1:48 p.m.: A fire investigation on Lantern Lane. Smoke was reported on the second floor with a smoke detector sounding. Flue wasn't opened all the way.

1:50 p.m.: An employee of But-tonwood found a wallet in the store on Chief Justice Cushing Highway. Caller wanted an officer to pick it up. Services were rendered.

2:37 p.m.: A water leak was reported, coming out of the side of the house on Ledge-wood Farm Drive. Services were rendered.

6:08 p.m.: Officer on traffic patrol at Beechwood and Doane streets.

6:11 p.m.: Officer on traffic patrol on Red Gate Lane.

7:57 p.m.: A caller reported a tree on fire on Flintlock Ridge Road. Caller is unaware of the cause of the fire. Fire services were rendered.

8:38 p.m.: A fire alarm was reported on Ripley Road. The alarm company called to report a burglary alarm was tripped at the location. Services were rendered.

8:51 p.m.: Suspicious activity was reported on Linden Drive. A caller reported hearing multiple car alarms going off within minutes of each other. They were worried someone may be trying to break into them. Officers did not find anything upon arrival.

10:34 p.m.: Man called back to report stones are back in the roadway on Doane Street.

11:37 p.m.: Officer on traffic patrol on Red Gate Lane.

Saturday, Jan. 16

2:26 a.m.: Officer requests patrol near 91 Doane Street due to rocks being thrown in the street.

9:50 a.m.: A caller on Jerusalem Road reported her brown-and-white spaniel had gotten out. Dog is not wearing a collar or tag.

12:23 p.m.: A caller reported a black suitcase at the MBTA station off to the side of the roadway heading southbound on Chief Justice Cushing Highway. Object was found to be a piece of a bumper.

2:04 p.m.: A suspicious person was reported on Fair Oaks Lane. Officers did not find anyone upon arrival.

9:20 p.m.: A disturbance was reported on North Main Street. A caller reported hearing gunshots, about five or six in a row. Services were rendered, nothing was found.

10:25 p.m.: Assault and battery was reported on South Main Street. A caller reported two guys fighting. Officers began arriving on the scene while still speaking with the caller, and one male was reported to have a handgun. Victim may have been pistol whipped over a drug transaction gone wrong. Parties were found and services were rendered.

Sunday, Jan. 17

2:34 a.m.: A caller reported an 18-year-old female stole her Kindle and will not give it back on Hull Street. Female is in her room, caller is downstairs in the TV room. No weapons were involved. Caller reported that female had mental breakdowns.

7:02 p.m.: A caller reported hearing an explosion outside and then the power going out on Fair Oaks Lane. Caller reported embers from a tree in front of the house and kids outside playing across the street. Services were rendered.

7:05 p.m.: Police called in to say roads were becoming slippery. Asked for DPW to come out and salt roads.

9:33 p.m.: Scituate PD reports female being held in car at Gulf Station on Chief Justice Cushing Highway. Scituate has the man in custody and will transport female back to their HQ.

OBITUARIES

Obituaries appearing in this section are paid for and written by families, often through the services of a funeral director.

Constance M. Callahan

COHASSET – Constance M. (Malley) Callahan, age 82, of Cohasset, died Jan. 14, 2016.

Beloved wife of the late Charles Richard Callahan, she was the devoted mother of Gayle Patroliia and husband Mark of Hingham, Charles H. Callahan and wife Kimberly of Scituate, Meredith Hassan and husband Aaron of Cohasset. Loving sister of William Malley of Cohasset, Pauline Byrnes of So. Carolina. Daughter of the late E. Parker and Cecelia (MacNeil) Malley. Grandmother of Meghan and Gregory Patroliia, Colby and Seth Callahan, and Aaron Hassan.

Mrs. Callahan was a graduate of Colby-Sawyer College.

She was a volunteer at the Sea Chest Consignment Store in Cohasset and as a driver for

FISH. Visiting hours Monday, Jan. 18, 2016 from 3-7 p.m. in McNamara-Sparrell Funeral Home, 160 So. Main St. (across from St. Anthony Church), Cohasset. A funeral Mass will be celebrated Tuesday, Jan. 19, 2016 at 10 a.m. in St. Anthony Church, Cohasset. Interment private.

If desired, contributions to honor Constance may be made to the St. Jude Hospital, 501 St. Jude Place, Memphis, TN 38105.

For an online guest book, please visit www.mcnamara-sparrell.com.

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Katharine S. Bryant

COHASSET – Katharine Seward Bryant, age 84, of Cohasset, passed away peacefully at home on Wednesday, January 6, 2016, with her husband John Kent Bryant, her son, Gardner, daughter, Susan, and faithful caregiver, Kathleen Earner attending.

Her brother, Donald W. Gardner Jr. of Marblehead, and other family members and friends had visited in the prior two days.

Despite the dementia of her final years, she maintained her calm and friendly countenance.

Daughter of the late Donald W. and Katharine Seward Gardner, Kit grew up in Marblehead, survived two childhood brain tumor treatments, began painting while recovering, and later worked as an occupational therapist, helping less fortunate

children, veterans and elders.

Her second homes were sloops "Dawn Treader" and later "Kittiwake", which she and her husband sailed to the Bahamas for ten years.

A memorial service will be held Saturday, January 23, 2016, at 1 p.m. at St. Stephen's Church, 43 Highland Ave., Cohasset, and will display the watercolors that reflect her serene nature and the beauty she saw on the sea. Attendees are encouraged to wear the joyful colors that so entranced Kit throughout her life.

Donations may be made in her honor to Boston Children's Hospital or the Hull Lifesaving Museum.

For an online guest book, please visit www.mcnamara-sparrell.com.

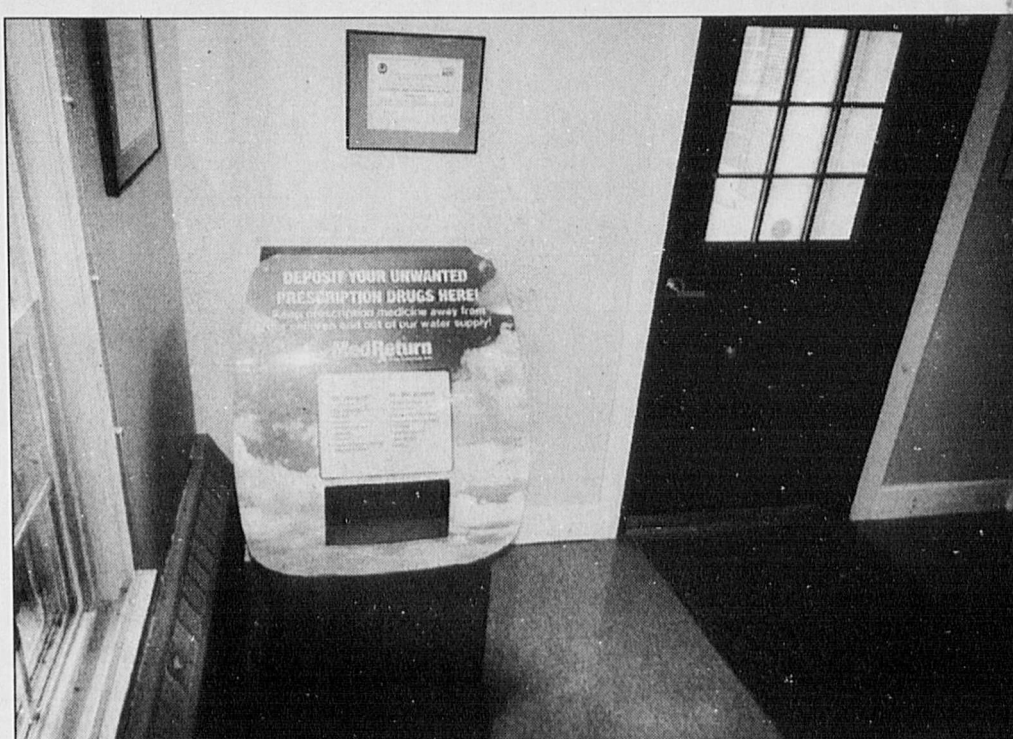
HEALTH

How to dispose of old prescriptions

Unwanted or outdated drugs can become the target of theft and misuse, especially by teenagers. To avoid theft and misuse, the Cohasset Police Department has a program designed to significantly reduce the prescription drugs in Cohasset homes that are either no longer needed or outdated.

America's 12 to 17 year olds have made prescription drugs the number one substance of abuse for their age group, and much of that supply is unwittingly coming from the medicine cabinets of their parents, grandparents, and friends.

Law enforcement is the only entity legally able to accept these medications and process them properly so that they do not fall into the wrong hands. Law enforcement takes control of and destroys drugs on a regular basis as part of their



The drug kiosk is available 24/7 in the police station for drop off of old, unused or outdated medication. COURTESY PHOTO

regular operations.

Please join police in this effort by recognizing the need to remove unwanted or outdated drugs from your home. You can participate

by anonymously depositing these unwanted or outdated drugs in the police department's drug disposal kiosk, available 24 hours a day, 7 days a week, located inside

the police station lobby.

Note: Needles are not accepted. Liquids are accepted but should be tightly closed and then sealed inside a plastic bag.

How to Submit an Obituary to the Weekly Newspapers

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In Memorandum
Stefan M Hanke

Sept 3, 1964 – Jan 19th, 2015



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DON'T MISS THIS



The South Shore Men of Harmony will offer singing valentines. COURTESY PHOTO

S.S. Men of Harmony to offer singing valentines

Singing valentines will be offered by the South Shore Men of Harmony.

For \$60, a barbershop quartet will sing three old-fashioned love songs. A rose and a card from are also

presented. Quartets are available from 2 to 8 p.m. Feb. 13 and 14.

Based in Hingham, the South Shore Men of Harmony have been active since 1961 as a chapter of the

International Barbershop Harmony Society.

Orders can be taken through Feb. 8. To order: 339-205-8352; southshoremenofharmony.wordpress.com.

SAVE THE DATE

Heart health seminar offered

The Healing Center at Our Weeping Angel will sponsor local consulting hypnotist Kathryn McGlynn for a Heart Health seminar from 6:30 to 8:30 p.m. Feb. 3 at 190 Old Derby St.

In honor of American Heart Month, McGlynn will share several simple

stress reduction techniques and facilitates a brief group guided-imagery relaxation session. McGlynn, who is also a motivational coach, has a private hypnosis practice in Hingham and additionally teaches numerous adult-ed hypnosis seminars in various schools,

colleges, hospitals and healing centers throughout New England.

Donations will be accepted with all proceeds going to the foundation. A suggested donation is \$10. For information or to register: 781-340-2146; hypnosis.ws.

SAVE THE DATE



Now in its 21st year, The Drowned Hogs raise funds enabling Wellspring to provide support and services to those in need. COURTESY PHOTO

Drowned Hogs swim benefits Wellspring

The Wellspring Multi-Service Center will host hundreds of New Englanders committed to doing something cool and crazy cause during its 21st annual Drowned Hogs Swim at noon Jan. 30.

The Drowned Hogs raise funds enabling Wellspring to provide support and services to those in need. All individuals, groups or families willing to do something cool for charity are welcome to join.

There are only two rules: the swim doesn't count unless the swimmer fully dunks, and wetsuits are only allowed if the wearer also wears a tutu and a tiara.

As an extra incentive to participate in the fundraiser, two pairs of Celtics tickets, luxury box seats, will be awarded to the two individuals who raise the most money. Following the icy plunge, participants and onlookers are all

invited to warm up in the Nantasket Beach Resort at the Drowned Hog Soup and Chowder Fest. Tickets are \$10 in advance and \$15 at the door. All proceeds will benefit the food pantry at Wellspring.

Registration for the swim is \$10 and includes the 2016 Drowned Hog T-Shirt. For information and pledge sheets: drownedhogs.org; wellspringhull.org; 781-925-3211.

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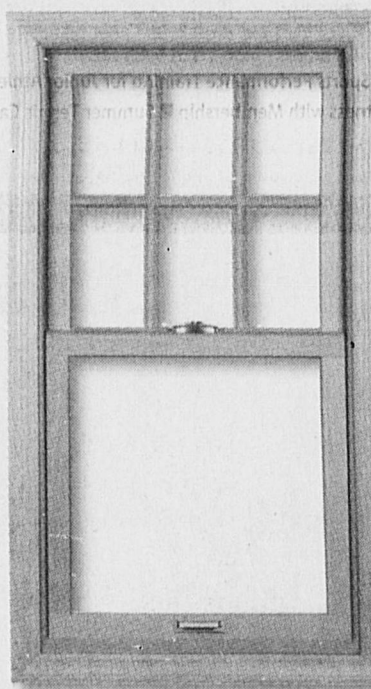
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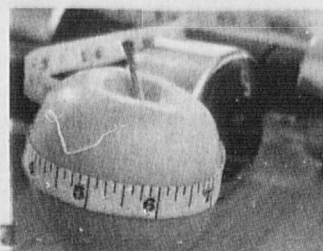
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HEALTHYLIVING

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EXERCISE

Get out and embrace winter!

Trustees suggest ways to get out and about and be active and inspired this winter

A snowy winter may not feel like it's ever really coming, but we all know snowfalls are just around the corner – as is cabin fever. As the Commonwealth's largest conservation and preservation non-profit with 114 scenic, natural, and cultural sites open to the public, The Trustees are hoping to inspire Massachusetts residents, members, and visitors to avoid letting the winter doldrums set in by getting out for some healthy, active fun. Studies show that as little as five minutes of time spent outside has significant health and wellness benefits including improved mental health, reduced stress, a deeper sleep, and a more positive outlook and spirit overall.

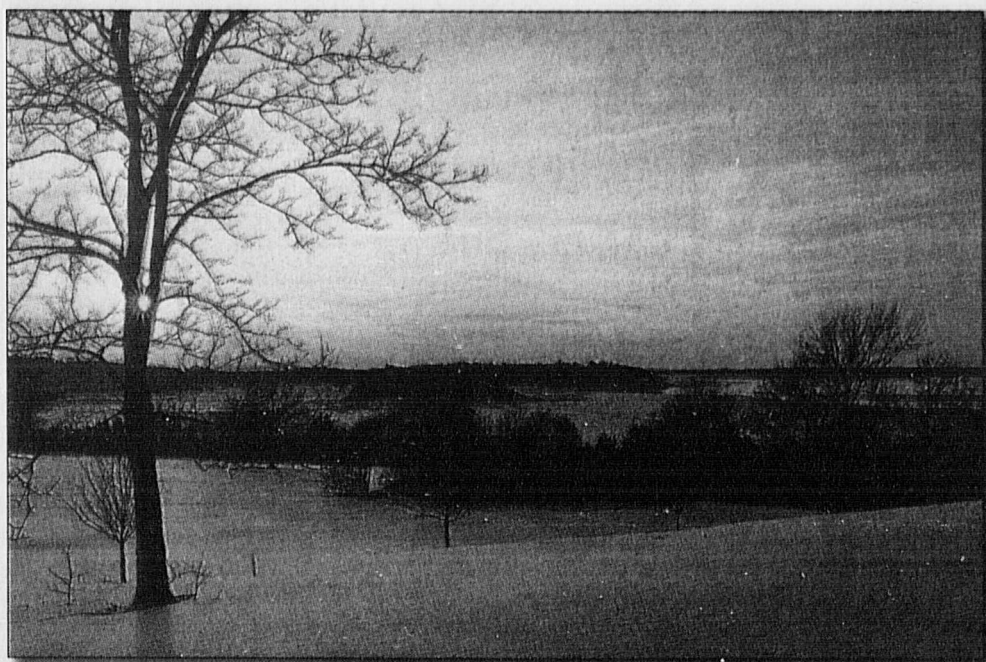
"A big part of our mission is to inspire families to get out together and explore the nature and culture around them," Kristen Swanberg, director of programming for The Trustees, says. "This season, we're offering hundreds of new, as well as many tried

and true, indoor and outdoor programs for all ages at our properties statewide. Whether it's a healthy cooking class at one of our farms, or an edible art class at the KITCHEN at the Boston Public Market, or a learn-to-snowshoe workshop at one of our outdoor sites, there's no excuse not to get out and be active – in both body and mind – this winter."

To keep that cabin fever at bay, below is a sampling of ideas to help you get out and embrace winter at your favorite Trustees property, or one you've never visited before. Most Trustees properties and programs are free or discounted for Trustees members, who also receive many other benefits year-round. For more information, visit www.thetrustees.org.

Weir River Farm, Hingham

This iconic, 75-acre working farm features a myriad of trails that connect to Whitney and Thayer Woods and Wompatuck State Park, the largest contiguous tract of open space on the South Shore. Enjoy



World's End in Hingham is a South Shore favorite that offers panoramic views of Boston's harbor and skyline and features four hills that are great for all kinds of winter fun. PHOTO COURTESY OF THE TRUSTEES

winter walks and cross-country skiing through woodlands and open meadows, soaking in beautiful views from the top.

Ecosploration: Wednesdays in January and February, from 3 to 4:30 p.m.

Backyard Chickens: Saturday, Feb. 27, from 10 to 11:30 a.m.

Budding Farmer: Wednesday, March 2, from 10 to 11:30 a.m.

World's End, Hingham

This South Shore favorite with panoramic views of Boston's harbor and skyline features four hills that are great for all kinds of winter fun, including Planter's, a large drumlin rising just before you cross "The Bar" to the far side of the reservation, which is perfect for sledding. Frederick Law Olmsted-designed carriage paths throughout the property offer opportunities

for all ages to enjoy moderate hiking, snowshoeing, and cross-country skiing at this spectacular Hingham haven. Snowy Creations: Monday, Feb. 8, from 3:30 to 4:30 p.m.

Norris Reservation, Norwell

This scenic reservation located on the banks of the tidal North River is a recreational wonderland tucked into the

suburb of Norwell traversing 129 acres. Ideal for easy winter walking and beginner snowshoeing, you can choose from a number of short in-and-out or longer trails that meander through a pristine forest scattered with white pine and oak.

Snowshoe Saturdays: Saturdays January through March, from 10 a.m.-2 p.m.

Abominable Snowman Tracking: Saturday, Feb. 13, from 11 a.m. to 1 p.m.

Eleanor Cabot Bradley Estate, Canton

This picturesque, 90-acre country estate offers 3 miles of woodland paths and trails that meander around a stately house and gardens, open fields and pastures. The property is a picturesque place to enjoy winter walking, gentle cross-country skiing, and snowshoeing. Indoor programs including warm-ups with hot cocoa and old movies are being held for the first time this winter on select dates.

Come Home to Bradley for Indoor Warmth and Outdoor Fun!: Thursdays in January from 11 a.m. to 3 p.m.

Mrs. Bradley's Winter Recipes: Saturday, Jan. 23, from 1 to 3 p.m.

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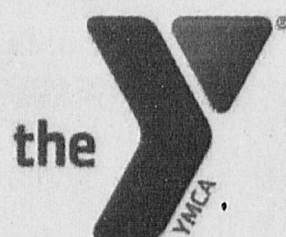
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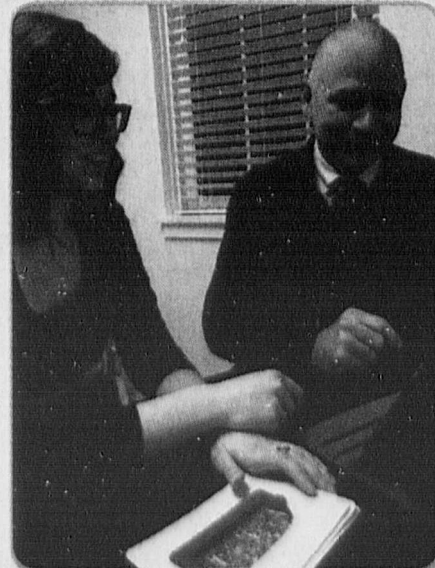
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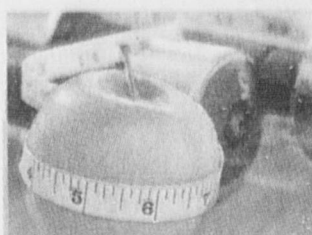
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HEALTH

Feel better, naturally

What a naturopathic doctor does when she gets a cold

By Dr. Kimberly Roycroft
Special to GateHouse Media

Ever wonder what your doctor does when it comes to his or her own health? Well, as a naturopathic doctor who specializes in alternative therapies, I get asked questions all the time about my diet, general health practices and the routines I use when I am faced with illness. Since cold and flu season has arrived, here is a sneak peek into my go-to natural course of action when I'm faced with the common cold.

There are three things I like to do at the first onset of cold symptoms. They are nasal irrigation, steam inhalation and gargle. These three things are simple, inexpensive and quite effective. They make a great impact on alleviating symptoms and can potentially decrease the duration of a cold.

1. The neti pot is my preferred form of nasal irrigation. It has been used for centuries in Ayurvedic medicine.

My neti recipe is: 1/2 teaspoon of essential oil infused salt by the company Basaka, mixed with 1/4 teaspoon of xylitol, which is a sugar alcohol sweetener. Both are added to a pot of purified or distilled, lukewarm water. If those ingredients are not available, 1 teaspoon of table salt will also work. The neti solution flows through one nostril, into the nasal cavity, and out the other. It sounds downright difficult, but it's easy to do once you get the hang of it. This technique thins the sticky mucous thereby allowing the cilia, small hairs found throughout our nasal cavity, to move more freely and effectively to push mucous out. The essential oil infused salt (or just plain table salt), as well as the xylitol, act as anti-microbial agents in the nasal cavity and will discourage the growth of infectious agents. I like to do nasal irrigation three times a day until symptoms subside.

2. Next, I do a steam inhalation by boiling a pot of



Dr. Kimberly Roycroft

water. I put 1-2 drops of organic thyme essential oil into the pot, place a towel over my head like a hood, close my eyes, and begin to breathe in the steam. Steam is soothing to irritated mucous membranes and will loosen congestion in the nose and chest. The organic thyme essential oil works as an anti-microbial agent. I do this when I first wake and just before bed.

3. Lastly, I remember my mom telling me as a child to

gargle with salt water when I had a sore throat. Well, she was right! Gargle helps to flush out the back of the throat. The salt works to draw water out of inflamed tissues providing relief. It also works as an anti-microbial agent that will help to kill bacteria/viruses and inhibit their growth. I like to gargle three times a day until symptoms improve.

Also, don't forget the foundational basics: lay low and get rest, stay hydrated, avoid ingesting large amounts of sugar and keep stress levels low. In this fast-paced, high-demand world these simple things fall to the wayside but, when implemented, they will help to support a strong healthy immune response.

Dr. Kimberly Roycroft is a naturopathic doctor whose practice, *Medicine in the Raw*, is located at 22 North St. in Hingham. She can be reached at 781-534-9456 or dr.roycroft@medicineintheraw.com.

NUTRITION

Low-calorie foods that still fill you up

Hunger can be a difficult hurdle to clear for people looking to lose weight. While nutritious foods don't lack for taste, many people adapting to new diets featuring healthy, low-calorie foods find themselves still hungry after meals, making it difficult for them to stay the course and reach

their weight-loss goals.

Some low-calorie foods may contribute to hunger pangs, but there are many foods that satisfy hunger despite their low calorie count.

• **Baked potatoes:** Potatoes might be high in carbohydrates, but they also are loaded with nutrients and antioxidants that can



Hunger pangs have derailed many a low-calorie diet. But there are plenty of low-calorie foods that also satisfy hunger and reduce the likelihood of overeating.

PHOTO COURTESY OF METRO

boost the immune system. Baked potatoes also provide a powerful punch of potassium, which can help men and women better control their blood pressure. That's especially beneficial to overweight or obese men and women who are already dealing with high blood pressure. Baked potatoes also can make men and women feel full, which should help low-calorie devotees avoid overeating.

• **Eggs:** The reputation of eggs tends to change every few years, and much of that can no doubt be attributed to misinformation about this low-calorie breakfast staple. Eggs are a great source of complete protein, and that protein contributes to feelings of fullness. According to the Academy of Nutrition and Dietetics, eggs contain all nine essential amino acids that, upon being digested, release hor-

mones that suppress appetite.

• **Greek yogurt:** Greek yogurt is another excellent and low-calorie source of protein, offering roughly twice as much protein as regular yogurt. Greek yogurt also is an excellent source of calcium, potassium, zinc, and vitamins B6 and B12. But Greek yogurt also contributes to feelings of fullness, as a study from the Nestle Nutrition Institute found that consuming proteins found in dairy products increases satiety.

• **Oatmeal:** While many people may only eat oatmeal when fighting a cold, this high-fiber and low-calorie breakfast alternative can be enjoyed at any time, helping to fight feelings of hunger all year long. According to the Dairy Council of California, oatmeal contains soluble fiber that stays in the stomach for long periods of time. That contributes to feelings of fullness and may just decrease mid-morning hunger pangs. The soluble fiber in oatmeal can also decrease low-density lipoprotein cholesterol, which is often referred to as "bad cholesterol."

• **Apples:** Apples are another low-calorie source of soluble fiber, and apples also are a good source of vitamin C, which can boost the immune system. But apples are more than just a low-calorie food that contributes to feelings of fullness. Finnish researchers who studied dietary data of more than 9,200 men and women found that those who ate apples frequently had lower risk of stroke than those who did not eat apples. That could be attributable to the effect of soluble fiber on LDL cholesterol as well as the effects of the antioxidant compounds found in apples.

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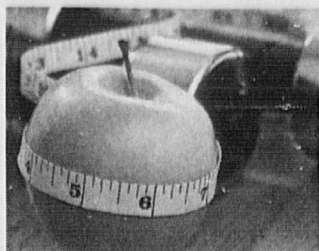
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FINANCES

5 tips for better financial health

Evaluating what missteps you made with your money in the past year, determining how you can correct those errors and setting a realistic budget will put you on your way to better financial health in 2016.

A top New Year's resolution is putting money into a savings account each month, according to a recent survey of working adults by the Principal Financial Group. Leading money management priorities include paying down debt (28 percent), saving for retirement (25 percent) and building a savings account for emergencies (15 percent).

Achieving those goals starts with setting a budget that you can reasonably follow, said Kevin Morris, vice president of retirement and income solutions at The Principal. However, the group's recent survey shows many Americans have plenty of room for improvement.

In 2015, workers reported that they blew their budget on dining out (24 percent), food/groceries (19 percent), entertainment (15 percent) and other consumer goods (15 percent), among other things. On top of that, employees' top financial blunders included not saving enough (20 percent), accumulating credit card debt (11 percent) and spending outside

their means (9 percent).

"It's not surprising to see that American workers continue to blow their budget dining out," Morris said. "It's easy to spend \$30 here and \$40 there on a meal and not think twice about it. But what if they put that money toward something more long-term, like retirement? Or building up their savings? Over time, those pizza deliveries and nights on the town add up and can make a huge difference in your budget."

Getting your financial house in order doesn't have to be a burden. Follow these tips to establish a budget and begin building healthier money habits:

- **Account for incidentals.** When listing all the people and places you owe money, it can be easy to overlook other expenses that really add up. Things like a work wardrobe, toiletries and personal hygiene items are necessary purchases that should be reflected in your budget.

- **Expect the unexpected.** Even the best-planned budget can fall apart when unexpected expenses arise. Ensure that you're not only directing a sum of money to your savings account each month, but that you're earmarking some of that money for emergency car repairs, an unplanned visit to the veterinarian or a critical home repair.



As the calendar turns over a new year, it's a good time to take stock of your finances. PHOTO COURTESY OF GETTY IMAGES

- **Don't treat your budget like a bad diet.** Like a crash diet, being too restrictive with your budget will leave you discouraged and exhausted. And maybe hungry. The key is to be honest with yourself about your spending. Look at your spending history – you might be surprised to see where your money goes. Be sure to set a reasonable budget each month that allows you manage your finances without falling off the wagon.

- **Leverage rewards.** It may seem counter-intuitive to use a credit card for expenses you don't need to buy on credit. But if you use a cash-back rewards credit card for your regular essential purchases and even bills, you'll have some extra income each month. De-

posit those rewards in a savings plan or allocate them to help pay down debt each month. Just remember that this approach only works to your advantage if you pay the balance each month.

- **Research all your money management options.** A solid budget is the foundation of a good money management plan, but the type of accounts you use can also influence your financial situation. A financial advisor can help you understand the benefits and limitations of various types of checking, saving and investment accounts, as well as other products to help maximize your savings and minimize debt.

Courtesy of Family Features

LIFESTYLE

'Enjoying life to the fullest' is 2016's top New Year's resolution, survey finds

While most Americans state that "enjoying life to the fullest" is their New Year's resolution, Massachusetts residents aim to "live a healthier lifestyle" in 2016, according to a recent GOBankingRates.com survey.

To find out where Americans want to make improvements in their lives in 2016, leading personal finance website GOBankingRates.com surveyed over 5,000 people on their New Year's resolutions for the upcoming year. Nearly half (45.7 percent) of the participants shared that enjoying life to the fullest is their top New Year's resolution.

"Who wouldn't want to live life to the fullest?" said Cameron Huddleston, GOBankingRates' Life + Money columnist. "Unfortunately, the small things in life can get in the way of actually enjoying life. Perhaps that's why so many people are resolving to enjoy life to the fullest – as a reminder to take advantage of the time they have."

Americans' 2016 New Year's resolutions

Enjoy life to the fullest (45.7 percent)
Live a healthier lifestyle

(41.1 percent)
Lose weight (39.6 percent)
Spend more time with family and friends (33.2 percent)

Save more, spend less (30.1 percent)
Pay down debt (27.5 percent)

While participants had the option to choose multiple resolutions from the list, the majority (55.3 percent) only chose to tackle one goal in 2016.

Additional findings:
More than half of Americans (57.6 percent) are setting a money goal.

Women are more focused on enjoying life to the fullest than men (at 47.6 percent vs. 41.4 percent) as well as losing weight (at 40.3 percent vs. 36.7 percent of men).

While Millennials are the age group most concerned with spending less and saving more money in 2016, Gen Xers are the most focused on paying down their debt.

"Enjoy life to the fullest" is the top resolution of residents in 30 states.

The No. 1 resolution of people in Massachusetts was to "live a healthier lifestyle." To view the No. 1 resolutions for other states, visit

www.gobankingrates.com/personal-finance/top-new-years-resolution-every-state/.

Courtesy of GOBankingRates

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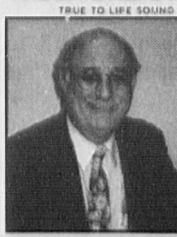
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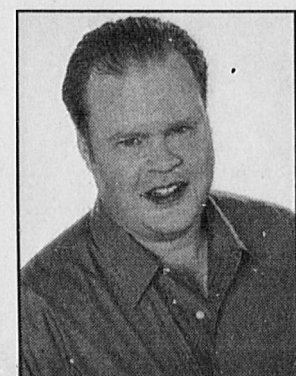
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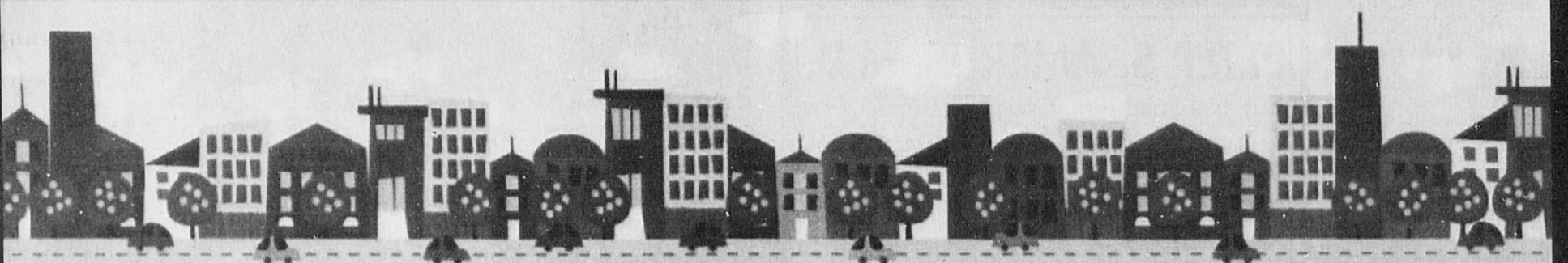
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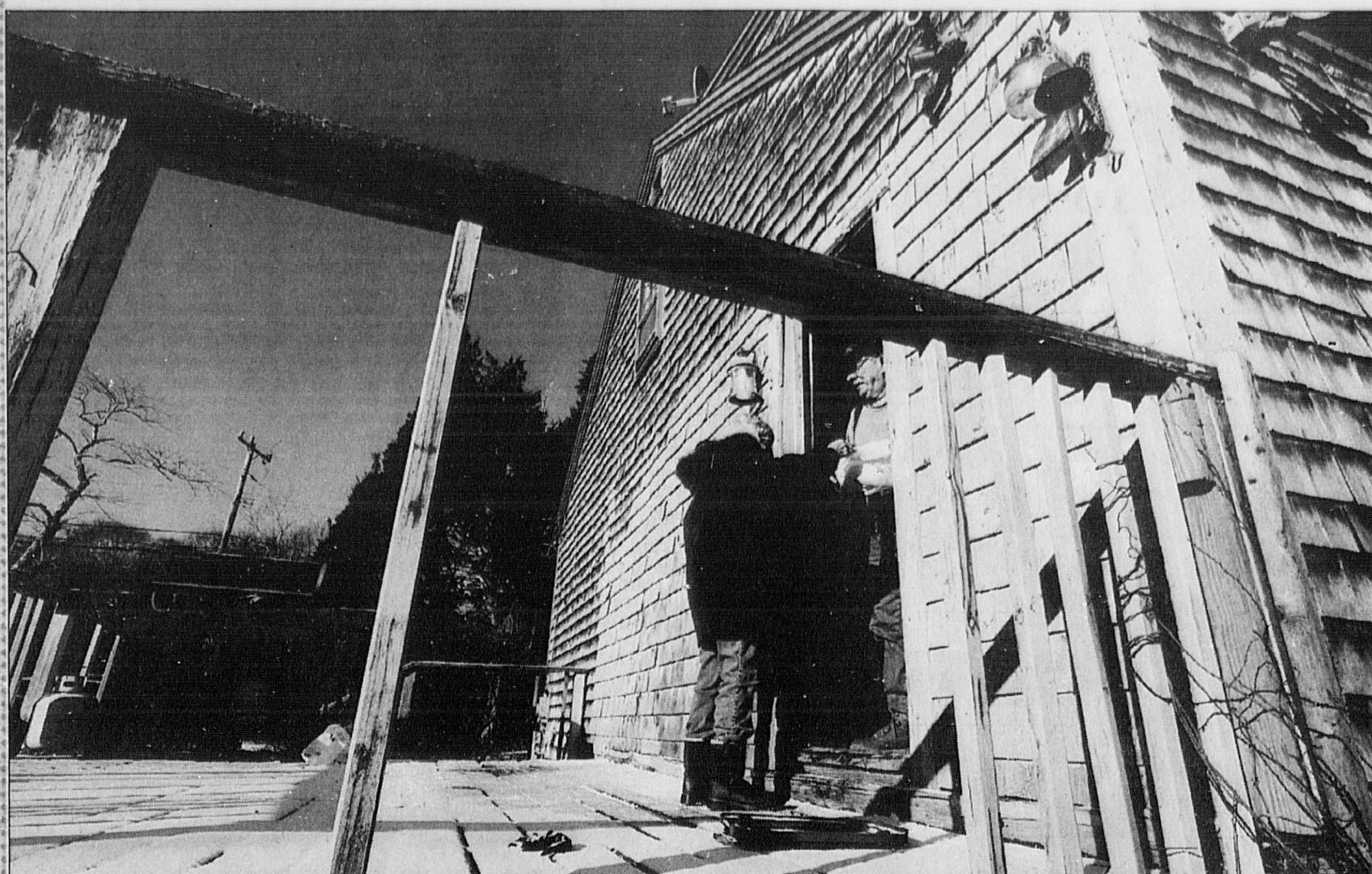
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HOW WE HELPED



Elsie Almeida delivers two meals to Dan Goodwin during their route on Wednesday, Jan. 13. WICKED LOCAL STAFF PHOTOS / ROBIN CHAN

More than just meals

Delivery service keeps customers happy, safe

By Kristi Funderburk
kfunderburk@wickedlocal.com

[Editors Note: This article is part of a monthly series called *How We Helped* in which reporters and editors write about what it's like to volunteer with local charities and non-profit services.]

The drives are short and the conversations long when Elsie and Al Almeida take up their Wednesday morning Meals on Wheels shift.

Elsie sets down a meal for Carol Mulkern as she remembers a book she brought and heads back to the car for it. At another stop, a woman leaves a thank-you in the form of gingerbread cookies.

In the course of the two-hour delivery, we're sometimes invited inside, other times, we're welcomed at the door by a senior and yipping dogs as eager as their owner.

The couple, now five-year volunteers with Marshfield Council On Aging's program, put a new meaning behind the idea of service with a smile.

"It's good for the people and it's good for us," Elsie said. "It's good to get out and know you're helping and see people."

While the meal is the centerpiece of the Meals on Wheels program, it is more like an invitation.

Just as vital as the delivery is the volunteer drivers' task to check in on their clients. If someone isn't home, the Almeidas leave a note and make a note for themselves to tell their supervisor, Carolann MacDonald.

MacDonald, the nutrition site manager in Marshfield, in turn notifies her supervisor at Old Colony Elder Services, which oversees the Meals on Wheels program in 23 towns, to arrange for a caseworker to visit the home.

"Along with the fact that they're getting a meal, there's an interaction these people have with the drivers," MacDonald said.

The relationship that the drivers build with the program clients may save a life, she said.

Linda Kelley, nutrition program manager for South Shore Elder Services, which covers 11 towns in its region, agreed.

"You're not just visiting,

How To Help

Marshfield's Meals on Wheels program is part of Old Colony Elder Services and run through the Council on Aging, 230 Webster St. Learn about this and other volunteer opportunities with the senior center by calling 781-834-5581 or contact Old Colony's Nutrition Department at 508-584-1561.

Old Colony also runs the Meals on Wheels programs in Abington, Avon, Bridgewater, Brockton, Carver, Duxbury, East Bridgewater, Easton, Halifax, Hanover, Hanson, Kingston, Lakeville, Marshfield, Middleboro, Pembroke, Plymouth, Plympton, Rockland, Stoughton, Wareham, West Bridgewater and Whitman.

South Shore Elder Services covers Braintree, Cohasset, Hingham, Holbrook, Hull, Milton, Norwell, Quincy, Randolph, Scituate and Weymouth. To volunteer with its Meals on Wheels program, contact Jody Hodgdon, volunteer coordinator, at 781-848-3939, ext. 430, or jhodgdon@sselder.org.

but bringing a smile and making sure they're safe," she said.

The Almeidas easily go from having a laugh with someone on their route to asking about how they're feeling. Those receiving meals may only need temporary help, referred by a hospital after an accident or surgery, but for some it's their livelihood.

Florence "Flossie" Staples, 87, needs her walker to get around and doesn't see much point in peeling potatoes for a dinner for one. The meals from her drivers—Elsie, Al, Sam and Jeff—make up most of what fills her fridge and stomach.

"I think it's marvelous," Staples said. "I certainly appreciate the whole thing."

On her own she's more likely to have a frozen meal from Stouffer's or make some spaghetti. She likes that the delivered meals have more nutrients and are overall better for her.

"This way I get more vegetables," she said.

Both elder service organizations have a caterer and nutritionist to plan out the meals, which another set of volunteers preps for the drivers. Recipients get one meal a day, except Fridays, when some will get frozen meals for the weekend.

The dish of the day on the Almeida's recent shift



Al Almeida smiles while his wife, Elsie, jots down a note about a resident who wasn't home after he teased her about pointing to all the homes on the street while looking for a new person on the route.



Elsie Almeida grabs some snacks another volunteer made for the drivers after she and her husband finish their route on Wednesday, Jan. 13. WICKED LOCAL STAFF PHOTO/ ROBIN CHAN

in Marshfield is a meatball sub on a torpedo roll, oven roasted potatoes, and Scandinavian vegetables. Deliveries also include milk, bread, and dessert, which is diet chocolate pudding this trip.

Staples tells us she has a banana for breakfast and one glass of white zinfandel wine at dinner. Outside, Al keeps the Honda Accord running; Staples comes early in their 12-stop route.

Another stop is another conversation, this time with Mulkern. Elsie's shocked to hear Mulkern finished all the books she's dropped off and grabs another she just finished, "Back When We Were Grownup," to leave with the meals.

Mulkern, who started with the program after a bad car accident three years ago, enjoys the food and company.

"I love it. I like the drivers best though. They're kind, courteous, friendly and loveable."

"And so are you," Elsie countered.

The Almeidas are among 60 volunteers working with Meals on Wheels out of Marshfield Council on Aging, MacDonald said. That team, working five days a week, helps prepare meals and make 50 home deliveries.

That's just a small piece

of Old Colony's Meals on Wheels network, which has 395 volunteers serving 20 Plymouth County communities as well as Avon, Easton and Stoughton, according to Lucille Dallaire, Old Colony's development director.

Both Old Colony and South Shore elder service organizations ask only for a donation in return for the meals they provide—a suggested \$2.50 for Old Colony and \$2 for South Shore. The money goes back into the program.

The Marshfield program has a strong team of volunteers, but at South Shore Elder Services, Kelley said they could use more drivers, particularly in Quincy and Braintree. They have 500 volunteers between drivers and kitchen workers now, but the need is growing, she said.

"We never turn away any volunteers," she said. "They're hard to come by."

Many volunteers for Meals on Wheels are retired, but they accept people as young as 18 years old and ask for as little as one day's work a week, which may mean a minimum of two hours.

After the blizzards last winter, South Shore Elder Services also started asking for "storm trooper volunteers" who will be willing

to deliver meals regardless of the weather outside, because not every volunteer can or wants to face the snow, Kelley said.

"We have to make sure everybody gets a meal," she said.

The Almeidas have seen all kinds of weather on the road in their years with the program.

"Some road conditions can be a problem in the winter," Al said.

Elsie recalled getting stuck once in someone's driveway.

Al, who said his wife is more "people-oriented" than him, wasn't sure what to expect when they volunteered. Elsie mused they make a good team because she loves to talk and he likes to drive, but Al admitted he's come to like more.

For one, it's important to have a program that helps people stay in their homes rather than feel forced to go to a nursing home, he said.

The genuine gratitude from the people also makes the program worthwhile for him.

"Most of the people are very nice," he said.

The cookie thank-you gifts don't hurt either.

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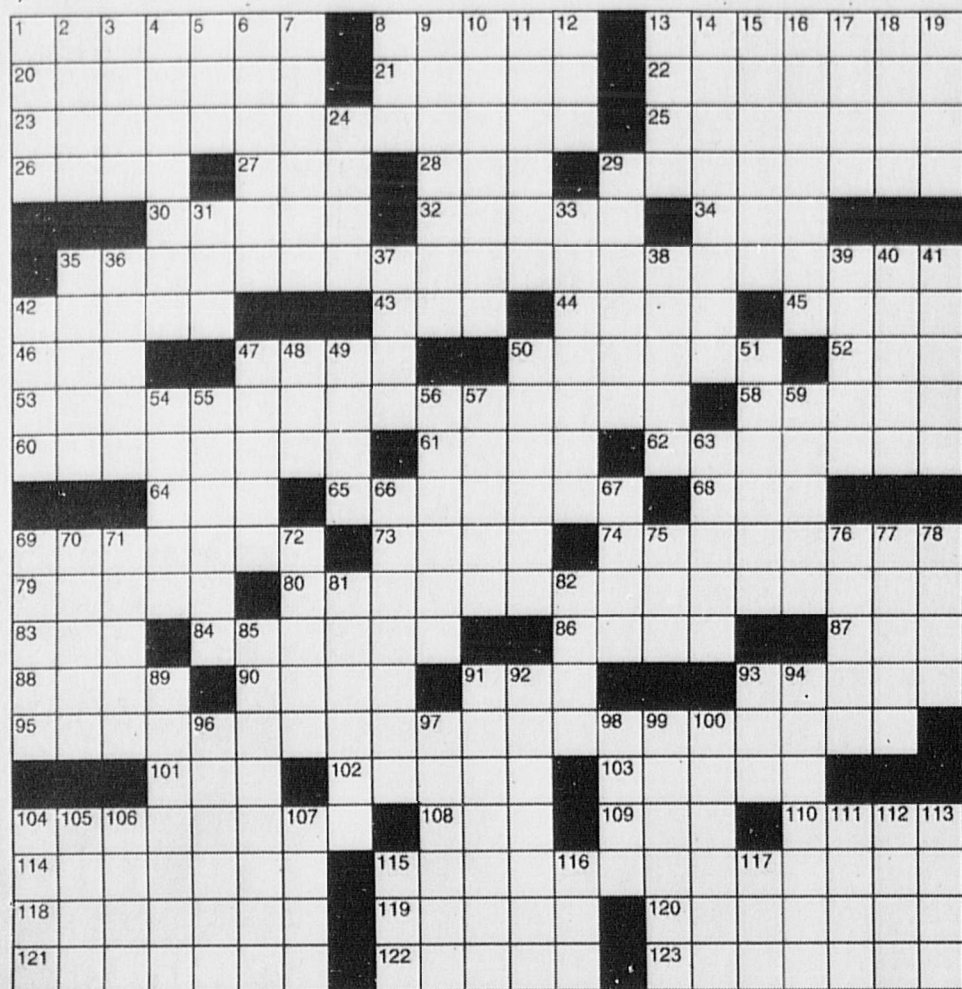
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PUZZLES

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- ACROSS
- 1 "I.Q." co-star Walter

8 Hearing-aiding channel

13 1990s Oldsmobile model

20 Most sore

21 Singer Katy

22 Two-time

23 Start of a riddle

25 Sweet Italian wine

26 Swizzle

27 Co- (some apartments)

28 Blood classification system

29 Insects in the woodwork

30 Filled to the very top

32 Macchio or Nader

34 "Who's in charge here?" reply

35 Riddle, part 2

42 Wary

43 Class for U.S. immigrants

44 Tiny building block

45 Sinful habit

46 Family reunion mem.

47 Funnymen

50 Andes animals

52 — large extent

53 Riddle, part 3

58 Greenish-blue colors

60 Places to secure ships

61 Countless centuries

62 Be fraught with meaning

64 Student transcript fig.

65 Traveled via canoe

68 Category

69 Egypt's — Stone

73 Leech, e.g.

74 Off-pierced body parts

79 January, to José

80 Riddle, part 4

83 Fragrant neckwear

84 Earnest attempt

86 Fish that wriggle

87 Ocean off N.C.

88 "— wrap!"

90 Soprano Jenny

91 Tacoma-to-Spokane dir.

93 F sharp's equivalent

95 End of the riddle

101 — Wee Reese

102 Concepts, in Québec

103 The Hunter in the sky

104 No-show

108 151, in old Rome

109 Indian flatbread

110 Large Sicilian volcano

114 Pinpoints

115 Riddle's answer

118 Least tight

119 Not satisfied, as needs

120 Slippery

121 Friendly pact

122 Wearing a housecoat

123 Sprayed, say

DOWN

1 Greedy mouths

2 Eight, in Germany

3 Tongue of Bangkok

4 Measure via a reagent

5 Males

6 "Michael Flow the Boat —"

7 Ideal place

8 Rank below Sgt.

9 "Me Talk Pretty One Day" author

10 The major leagues

11 "The Stupids" star

12 TV scientist

13 High point

14 Alluring magnetism

15 Writer Melville

16 1994 sci-fi writer's memoir

17 Coup d'— (rebellion)

18 Meadow rodent

19 Santa — (desert winds)

24 Branch of the mill.

29 They precede iotas

31 Globe-circler

33 Nutty confection

35 Cardio workout system

37 Old screen star Lamarr

38 "Enough!" in El Salvador

39 Crucial

40 — Lodge (motel)

41 Minimum

42 Squeeze (in)

47 Charged, as in battle

48 Thing to hatch out of

49 Evening time

50 Cry before "No hands!"

51 Caught between — and

54 One prodding

55 Walk very quietly

56 Exit door

57 Listened to

59 Comedian — Smirnoff

63 Buenos —, Argentina

66 Given out as deserved

67 Frankie Avalon's — "Dinah"

69 Sainly article

70 "I'm not — complain ..."

71 Earthquake

72 Attach

75 Hole-making tool

76 Blues street of Memphis

77 "Cómo —?"

78 Sodium

81 Country singer Milsap

82 — do-well

85 Most speedy

89 Mollify

91 Baby female sheep

92 "Forget it!"

93 Mop & —

94 Diplomacy

96 Pre-Easter

97 Dance music genre

98 Hawaiian coffee

99 Speechified

100 Music ending

104 Everyone, in Germany

105 Great benefit

106 Local near a loch

107 Punta del —, Uruguay

111 Candy bar from Mars

112 Actress Campbell

113 Sacked out

115 Mangy mutt

116 British corp. designation

117 They precede xis
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- ## Magic Maze • PHOBIAS: FEAR OF —
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O M J H F C A Y W U R F Y P N
L S N A K E S S J H I A T F D
S B Z X S R H T T S V I I G T
R T Q T E M A O H S M L S N K
I H A W F G R D D G E U E I B
Z C O B I N K O E Y I R B Y W
V L T N R I S Q W H O E O L N
F L G K I Y H F D C T A H F Z
X W S R E D I P S V U S R Q O
- Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
- Aging

Bats

Cats

Dying

Failure

Fish

Flowers

Flying

Forests

Heights

Obesity

Sharks

Snakes

The dark

Worms
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- ## HOROSCOPE
- ### Salome's Stars
- ARIES** (March 21 to April 19) Single Lambs looking for romance could find Cupid especially accommodating this week. Paired partners also find their relationships benefiting from the chubby cherub's attention.
TAURUS (April 20 to May 20) Keep your keen Bull's eye focused on your target, and shake off any attempt to turn your attention elsewhere. You should get some news later in the week that might answer some questions.
GEMINI (May 21 to June 20) Your early enthusiasm for a project might have been somewhat premature. Although you feel positive about it, you might need more information in order to make an informed decision.
CANCER (June 21 to July 22) Taking on a new responsibility might seem like the politically correct thing to do. But even with the promise of support, was it the wisest? Consider reassessing your upcoming decision.
LEO (July 23 to August 22) Apply
- yourself to completing your task despite all the distractions that might be interfering with your work. Then reward yourself with a weekend of fun shared with people who are close to you.
VIRGO (August 23 to September 22) A business agreement from the past might need to be looked at again. Use this unexpected development to check out other matters related to it. A weekend venture proves to be rewarding.
LIBRA (September 23 to October 22) Don't ignore that uneasy feeling about making a commitment. It could be a case of understandably cold feet, or a warning that something isn't as right as it should be.
SCORPIO (October 23 to November 21) A colleague could be more supporting of one of your efforts. But it's up to you to make the case for it, and that could mean opening up a secret or two, which might be a problem for you.
SAGITTARIUS (November 22 to December 21) Expect some good news about a relative you've been
- worried about. But don't expect the full story to be told — at least not yet. A workplace matter might face shifting priorities.
CAPRICORN (December 22 to January 19) Despite some anxious moments, you could have good reason to be pleased with how things are turning out. An end-of-the-week call might hold some interesting information.
AQUARIUS (January 20 to February 18) A long-overdue expression of appreciation could be offered soon. But admit it: You never really expected it would happen, right? Meanwhile, keep your weekend options open.
PISCES (February 19 to March 20) It's a good time to dive right into a new challenge, whether it's learning a computer app, or how to drive a stick shift, or making a new friend. Whatever it is, good luck.
BORN THIS WEEK: You see the wisdom in honesty, and you help others appreciate your vision.
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- ## SOLUTIONS
-
-
- | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 6 | 4 | 8 | 1 | 2 | 3 | 7 | 5 |
| 2 | 3 | 5 | 9 | 7 | 6 | 8 | 4 | 1 |
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| 8 | 9 | 2 | 7 | 4 | 1 | 6 | 5 | 3 |
| 5 | 4 | 6 | 2 | 3 | 8 | 1 | 9 | 7 |
| 4 | 1 | 9 | 6 | 2 | 5 | 7 | 3 | 8 |
| 6 | 5 | 8 | 3 | 9 | 7 | 4 | 1 | 2 |
| 3 | 2 | 7 | 1 | 8 | 4 | 5 | 6 | 9 |

CALENDAR

HOW TO SUBMIT

Event information can be input online by following the directions at the bottom of this page, sent by email to scalendar@wickedlocal.com or sent by fax to 781-837-4543. Listings must be submitted at least two weeks prior to the event. Photos should be a jpeg with a resolution of at least 200 dpi and no smaller than 3X5 inches in size. For more information call 508-591-6623.

Rusty Belle plays the Beal House

WHEN: 8 p.m., Saturday, Feb. 6. Doors open at 7:30 p.m.

WHAT: Rusty Belle concert at the Beal House.

INFO: The South Shore Folk Music Club presents Rusty Belle in concert at the Beal House of the Kingston Unitarian Church, 222 Main Street, Kingston. Tickets are \$20 for members, 22 for non-members. Advance tickets available from: <http://brownpapertickets.com/event/1302874>. The Beal house is a smoke and alcohol free venue and is handicapped accessible. For information: www.ssfmc.org.



COURTESY PHOTO

Love Songs from the Conservatory faculty

WHEN: 4 p.m., Sunday, Feb. 7 in Duxbury and 4 p.m. Sunday, Feb. 14 in Hingham.

WHAT: The South Shore Conservatory's Concert Series continues with Love Songs.

INFO: The South Shore Conservatory's voice faculty will perform their favorite love songs from blues to opera. A concert of love-themed music, setting the romantic mood for a vocal valentine will be held Feb. 7 at SSC's Ellison Center for the Arts, 64 St. George St., Duxbury and again Feb. 14 at One Conservatory Drive, Hingham. For information: sscmusic.org.



PHOTO/DENISE MACCAFERRI PHOTOGRAPHY

'Hair' at The Company Theatre

WHEN: 7:30 p.m. Friday and Saturday, Jan. 22-23 and 3 p.m. on Sunday Jan. 24.

WHAT: The Academy of The Company Theatre presents "Hair."

INFO: The Academy of The Company Theatre, 30 Accord Park Drive, Norwell presents the iconic musical "Hair." The large cast is infused with freedom and an idealistic vision, gathered together to tell the story of 1960s America. Co-directed by Jordie Saucerman and Zoe Bradford with choreography by Sally Forrest and music direction by Michael Joseph. Tickets: \$15-17. For information: 781-871-2787, companytheatre.com.



COURTESY PHOTO

Friday, Jan. 22

The Academy of The Company Theatre presents "Hair": 7:30 p.m. Jan. 22-23, 3 p.m. Jan. 24. The Company Theatre, 30 Accord Park Drive, Norwell. The Academy of The Company Theatre presents the iconic musical "Hair." The large cast is infused with freedom and an idealistic vision, gathered together to tell the story of 1960s America. Book and lyrics are by Gerome Ragni and James Rado, music by Galt MacDermot. Co-directed by Jordie Saucerman and Zoe Bradford with choreography by Sally Forrest and music direction by Michael Joseph. Tickets: \$15-17. For information: 781-871-2787, companytheatre.com.

Bread Baking Workshop: 6:30 to 9:30 p.m., Plimoth Plantation, 137 Warren Ave., Plymouth. Join Plimoth Bread Company's artisan baker, Tani Mauriello, to mix, knead, mold and bake early New England-style loaves. Cost: \$55 members, \$66 nonmembers. Information: 508-746-1622, ext. 8359; programs@plimoth.org.

Comedy Show Emerald Hall: 9 to 11 p.m. Emerald Hall, 30 Central St., Abington. Harrison Stebbins will perform. Other comics: Hugo Maienza, Mark Sherman, Annette and Greg Crowley. Cost: \$20 cover for the show. Pizza and appetizers offered. Cost: \$20. Information: 781-843-4833, annetepollack.com.

"Chill" oil paintings by Maureen Vezina: 2 to 8 p.m. Duxbury Free Library, 77 Alden St., Duxbury. The beauty of winter is conveyed in these cold and snowy creations, many of which were done in the open air. Presented by The Helen Bumpus Gallery. Free. For information: 781-934-2721; helenbumpusgallery.com.

Church Hill Coffeehouse: 7:30 to 9 p.m., Church Hill United Methodist Church Fellowship Hall, 11 Church St., Norwell. The Church Hill Coffeehouse is a monthly event featuring local entertainers and delicious desserts and coffee. The event is held in the Fellowship Center of the Church. This month's featured

entertainer is Kelsey Gilbert and Paul Doolittle. For information: 781-826-4763; chumcnorwell.com.

Fred Meltzer and open mic night: 7:30 p.m., Church Hill United Methodist Church Fellowship Hall, 11 Church St., Norwell. Entertainer for this Coffeehouse is Fred Meltzer, with a half-hour open mic preceding the show. Cost: \$10. Desserts and beverages available for purchase. For information: 781-826-4763; chumcnorwell.com.

Saturday, Jan. 23

Chili Cook Off: 2 to 5 p.m. Houghs Neck Congregational Church, 310 Manet Ave., Quincy. Entries are being sought for the sixth annual Chili Bowl Chili Cook-Off. With categories for both home cooks and restaurants, the event will offer attendees the chance to sample and savor up to 20 different varieties of chili, with trophies and medals awarded to the champion chili winners as voted on by attendees. Admission to the cook-off is \$5 and includes all the chili attendees can eat. Hot dogs, beer, soda and snacks will also be available for an additional charge. No fee to enter. Information: 617-688-4044, chilicookoffhnc@gmail.com.

Vinyasa Yoga for Adults: 9 to 10 a.m., Braintree Community Arts Center, 1969 Washington St., Braintree. Adult instructor: Christina Bythrow. Inner peace yoga. All levels welcome. Materials required: yoga mat, towel and water. For information: 781-348-9241; braintreecommunityartcenter.com.

The Marketplace at Simpson Spring: 10 a.m. to 2 p.m., Simpson Spring, 719 Washington St., Easton. Free Saturday events include music and tours of the historic museum. The market hosts a special Saturday event every week with more local vendors, a coffee bar and entertainment, including music, local authors, educational seminars and lecturers.

Crystal/Angel New Year's Fair: 11 a.m. to 5 p.m., Crystal/Angel New Years Fair, 320 Washington St.,

Norwell. Readers, healers and metaphysical vendors. Cost: Free. For information: 781-871-1740; angeloflight-ministry.com.

Country Voices Collide: 4:30 p.m. Plymouth Memorial Hall, 83 Court St., Plymouth. Kristen Merlin and the Houston Bernard Band team up for a one night concert. Merlin is a local talent who made it to the Semi-Finals on NBC's "The Voice." The Houston Bernard Band is another local country act. Cost: VIP tickets \$50 for a meet and greet, cash bar and appetizers from 4:30-5:30 p.m. Admission for 12 and older: \$15; admission for 12 or younger: \$10. Doors open at 5:30 p.m. with a show time start of 6:30 p.m. Information: 508-830-4087; kolson@townhall.plymouth.ma.us.

Mumblers concert: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. Information: 781-340-1300, thenextpagecafe.com.

Sunday, Jan. 24

Teen cooking class: 4 to 6 p.m. Braintree Community Arts Center, 1969 Washington Street, Braintree. Attendees will learn some easy healthy cooking recipes and techniques for teens to make. No materials required. Cost: \$25. Register: braintreecommunityartcenter.com; braintreecommunityartcenter@gmail.com.

Boating Skills and Seamanship Course: 9:30 to 11:30 a.m. Jan. 24 and 31, Metropolitan Yacht Club, 39 Vinedale Road, Braintree. An eight-lesson offered by Flotilla 12-5 of the United States Coast Guard Auxiliary. For first-time boaters and as a review for the more experienced boaters. Cost: \$55. For information and registration: 781-848-2906; lwj@verizon.net.

Songwriting classes: 6 to 8 p.m. Braintree Community Arts Center, 1969 Washington St., Braintree. Group class for aspiring songwriters looking to take their songwriting to the next level. For adults and children ages 10 and older. For information: 781-348-9241; braintreecommunityartcenter.com.

Monday, Jan. 25

Kids knitting classes: 3:30 to 5:30 p.m. Braintree Community Arts Center, 1969 Washington St., Braintree. Children will learn the basic knit and purl stitches. Materials required: size 8 needles, short length and one skein of worsted weight yarn. For ages 10 and older. Cost: \$20 per class. Registration and information: braintreecommunityartcenter.com.

Open scrapbooking and crafts: 6 to 10 p.m. Braintree Community Arts Center, 1969 Washington St., Braintree. Bring materials and projects to work on. Advanced sign up is preferred but drop-ins are welcome. Cost: \$10 per class. Registration and information: braintreecommunityartcenter.com.

Teen Voice 2 auditions: 6 to 7:15 p.m. The Company Theatre, 30 Accord Park Drive, Norwell. Students work beyond the basic fundamentals of singing technique, refining skills in advanced song interpretation. Young performers advance their performance skills and continue to grow as a vocalist. Spring classes are held from 6 to 7:15 p.m. Mondays. For ages 14 to 18.

Hanover Chorus Spring Season open rehearsals: 7 to 9 p.m. St. Andrew's Episcopal Church, 17 Church St., Hanover. Information: 617-849-2560.

Tuesday, Jan. 26

Exploring Art for kids: 10:30 to 11:30 a.m. Braintree Community Arts Center, 1969 Washington St., Braintree. Children explore shape, color, pattern and texture while experimenting with various media such as painting, printing, collage, wax resist and recycled material constructions. Sign up at least one day in advance. Maximum 10 students. All materials provided. For ages 4 to 6. Information: 781-348-9241; braintreecommunityartcenter.com.

Wednesday, Jan. 27

"School of Rock" auditions: 3:45 to 6 p.m. Jan. 27 and 28. The Company Theatre, 30 Accord Park Drive, Norwell. Auditions for actors ages 8 to 17 for their upcoming youth musical production. Tuition is \$375 per student. Tuition is due following the casting announcement. A completed emergency form must accompany audition candidates, available upon arrival. Information: 781-871-2787; Sally@companytheatre.com.

Teen Acting 2 auditions: 6 p.m. The Company Theatre, 30 Accord Park Drive,

Norwell. Students work beyond the basic fundamentals of acting technique, refining skills in advanced scene study. Young performer advancing their performance skills as well as their theatrical knowledge. Spring classes are held from 6 to 7:15 p.m. Wednesdays. For ages 14 to 18. For information: 781-871-2787.

Open knitting: 7:30 to 9:30 p.m. Braintree Community Arts Center, 1969 Washington St., Braintree. Adults of all levels of knitters are welcome. Beginners will be taught the continental knitting technique, long tail cast on and basic stitches. More advanced knitters will be taught how to better their skills that include learning increases, decreases, yarn overs and how to read patterns. Materials required: beginners' supplies — size 8 needles/short length and one skein of worsted weight yarn; advanced knitters — bring a new project or a work in progress. Cost: \$10. Registration and information: braintreecommunityartcenter.com.

Friday, Jan. 29

Studio One Dance Company auditions: 4 p.m. The Company Theatre, 30 Accord Park Drive, Norwell. Intensive training program for young adult intermediate to advanced dancers, who seek comprehensive training of their dance technique. For ages 14 to 21. To reserve an audition slot: 781-871-2787.

Carver Sportsmen's Club game supper: 6 to 9 p.m. Carver Sportsmen's Club, 127 Main St., Carver. Tickets available in advance. Cost: \$27.50. Information and tickets: carversportsmen.com; 508-789-1025.

Ladies' Nite Out: 6:30 to 8:30 p.m. Braintree Community Arts Center, 1969 Washington St., Braintree. Create a multi-strand beaded necklace. Materials required: beads. Cost: \$25. Information: 781-348-9241; braintreecommunityartcenter.com.

Saturday, Jan. 30

Kelsey Gilbert and Paul Doolittle performance: 7 to 10 p.m. Olde Hitching Post Restaurant, 48 Spring St., Hanson. An acoustic duo with Kelsey Gilbert on vocals and Paul Doolittle on guitar. Information: 781-447-2592; oldehitchingpost.com.

Slamovian Circus of Dreams performance: 8 p.m. Jan. 30, The River Club, 78 Border St., Scituate. Alt-folk, Americana music. Information: 781-545-1330; theriverclubmusicall.com.

Even More Hardcore Hearth Cooking: 9 a.m. to 3

p.m. Plimoth Plantation, 137 Warren Ave., Plymouth. Led by Plimoth Plantation's Foodways culinarian Kathleen Wall. Perfect techniques for frying, boiling, roasting and baking. Cost: \$140 members, \$215 nonmembers. Information: 508-746-1622, ext. 8359; programs@plimoth.org.

Book signing and talk by local author John Galluzzo: noon to 1 p.m., Shea Naval Aviation Museum, 495 Shea Memorial Drive, South Weymouth. Lecture and book-signing by local author John Galluzzo. Free. Information: anapatriotsquadron.org.

Bread Baking for Kids: 1 to 2:30 p.m., Plimoth Plantation, 137 Warren Ave., Plymouth. A kid-friendly version of the adult Bread Baking workshop. Cost: \$20 for members, \$24 for nonmembers. Information: 508-746-1622, ext. 8359, programs@plimoth.org.

Chase Away the Winter Blues: 7 to midnight. South Shore Conservatory of Music, 1 Conservatory Drive, Hingham. Tenth anniversary gala. Proceeds benefit scholarship, outreach and educational programming. Cost: \$125 advance purchase, special \$250 tickets include admission to the pre-event VIP Reception from 6 to 7 p.m. Tickets purchased after Jan. 16 are \$150. Information: sscmusic.org, 781-749-7565, ext. 30.

All-Star Night of Jazz: 7:30 to 10 p.m., James Library and Center for the Arts, 24 West St., Norwell. Featuring musicians Laszlo Gardony on piano, Yoron Israel on drums, John Lockwood on bass, and Stan Strickland on saxophone. Cost: \$25 adults, \$22 seniors and \$10 for students. Information: 781-659-7100, jameslibrary.org.

Sunday, Jan. 31

MHS Backstage Booster Comedy Night: 7 to 9 p.m. Haddads Ocean Cafe, 291 Ocean St., Marshfield. An evening of comedy to benefit the MHS Backstage Boosters, an organization that supports the MHS students in the drama club with scholarships, letterman jackets and other activities throughout the year. Doors open at 6 p.m. Cost: \$20.

Wednesday, Feb. 3

Backyard Barnyard: Chickens and Goats: 6:30 to 8:30 p.m. Feb. 3 and 10, Plimoth Plantation, 137 Warren Ave., Plymouth. Two-part workshop that introduces wanna-be farmers and homesteaders to raising chickens and goats in their own backyard. Information: 508-746-1622, ext. 8359; programs@plimoth.org.

HOW TO SUBMIT YOUR CALENDAR EVENT

Here are some tips on getting your event information posted to the Wicked Local calendar and included in this regional calendar:

REGISTER: Find the Events Calendar on your Wicked Local homepage in the bottom right portion on the website and click on the Add Event button. Click the Register link in the top right hand corner of your calendar page, above Add Event. Enter an email address, first name, last name, password, and password confirmation. Once you click "Register," a verification email will be sent to the email address with which you registered. Be sure to confirm your account through that email to complete the process. Once registered, you will have the ability to add events.

ADD AN EVENT: Click the Add Event button. Fill in required fields such as event title, date, time, category, and venue. Events may be set up to repeat daily,

weekly, monthly, or by manually adding additional dates.

ADDITIONAL NOTES:

■ The more detail the better in the event description field and there is a section to provide optional contact information.

■ Categories are important for tagging events with discoverable search terms and eases a visitor's ability to find the type of events they are looking to attend. An event can have multiple categories.

■ Events must be matched to a known venue. You can also add a new venue if your venue is not listed.

■ Events are subject to review before appearing on the site.

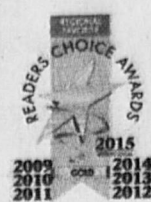
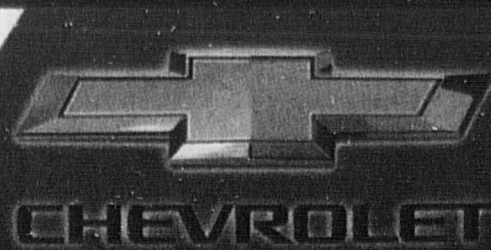
IMAGES: Make sure to include an image with your event. Events with images command three times the attention than those without. EvieSays uses a simple image uploader with options to drag and drop or browse, so adding images to your event is easy.

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Welcome to Best
Chevrolet Top Sales
Team Member
Congratulations Alex



Aaron Markella
9 years at BEST
Dinner: Nashville Grill
Dinner: Top Sales
Team Member
Congratulations Aaron



Chuck Reardon
11 years at BEST
Dinner: Top Sales
Team Member
Congratulations Chuck



Rich Lerner
8 years at BEST



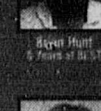
Kevin McQuinn
4 years at BEST



David Friedman
25 years at Best



Gene Rodman
8 years at BEST



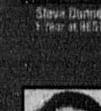
Ryan Hunt
6 years at BEST



Scott Quishka
27 years at BEST



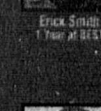
Ed Ferragamo
7 years at BEST



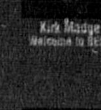
Shaye Durning
3 years at BEST



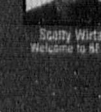
Sara Patti
Welcome to BEST
Dinner: Top Sales
Team Member



Erick Smith
1 year at BEST



Kirk Masque
Welcome to BEST



Scotty Wells
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2016 CHEVY Silverado 1500 4WD LT Crew Cab



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• Apple Carplay
• All Star Edition
• Trailering Pkg.
• Pwr seat
• Remote Start
• Rear Camera
#61334

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Best Discount ... **\$10,000**
Customer Cash ... **\$1,000**
Lease Loyalty **\$500**
Bonus Cash **\$1,500**
Incremental Cash **\$1,000**
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39 MOS.*

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24 MOS.*

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5 spd, super clean. #610010

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2011 TOYOTA COROLLA LE

Automatic. #52069C

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2011 VW JETTA 2.5 SE

5 spd. #529038

\$8,989



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2003 CHEVY SILVERADO 2500HD XCAB 4X4

One owner. #52942

\$9,989



2013 JEEP PATRIOT FWD

16k miles. #61050A

\$10,989



2010 CHEVY SILVERADO REG CAB SHORT BOX

Super clean, 87k miles. #51652

\$11,989



2011 CHEVY TRAVERSE LS

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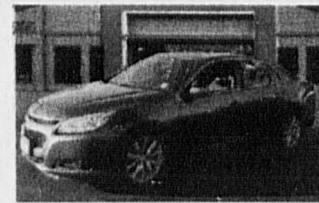
\$14,489



2014 CHEVY MALIBU 2LT

Onstar navigation. #12439R

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2014 CHEVY IMPALA LS

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2015 CHEVY IMPALA LIMITED

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